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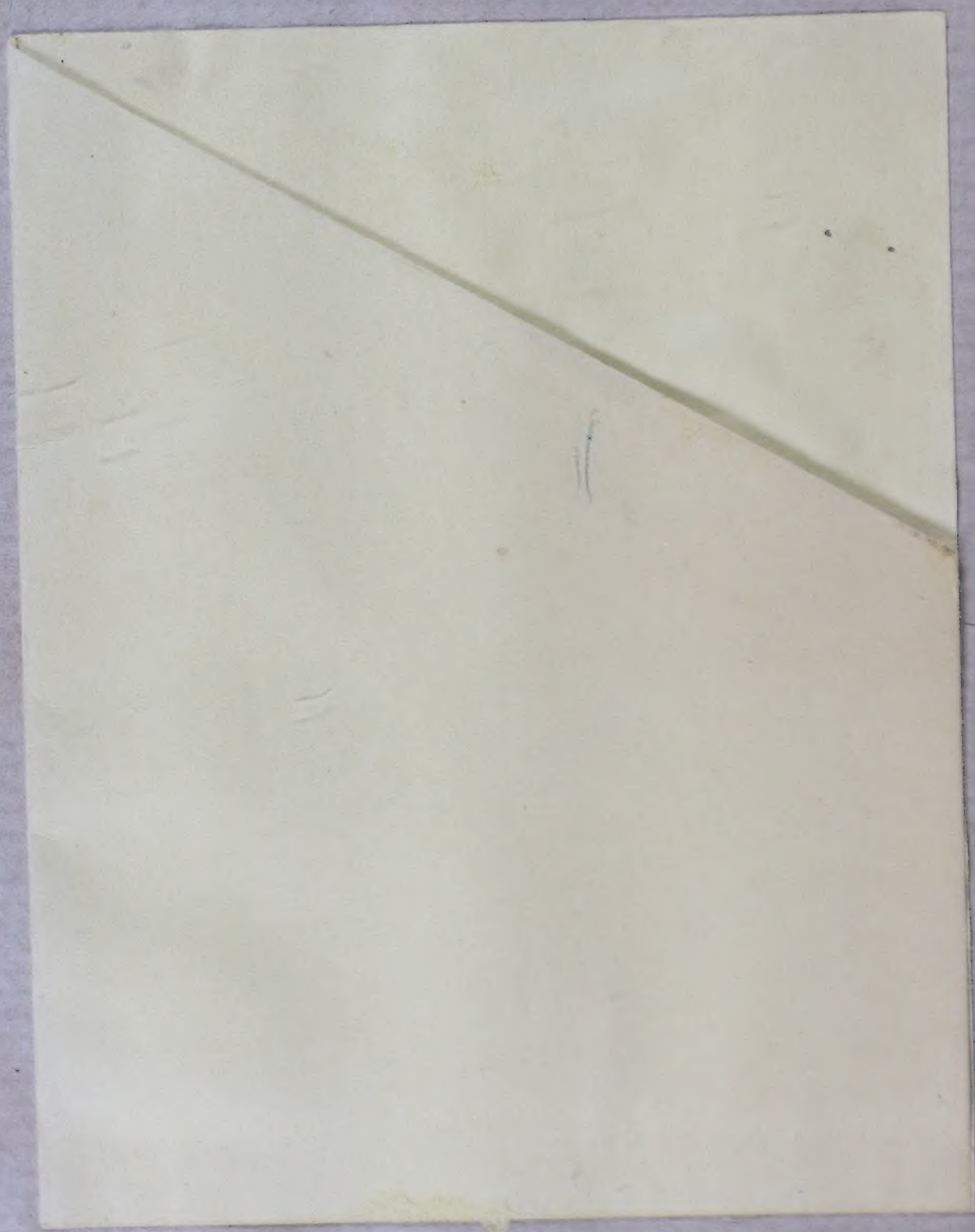
NAGPUR



GUIDE

Herbo-Mineral Medicines

J. & J. DeChane
Laboratories (P) Limited
HYDERABAD - INDIA



T. BARRETO
459 MOHANNAGAR

NAGPUR II

GUIDE

Herbo-Mineral Medicines



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Throughout India

669

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PREFACE



The purpose of the Guide is a practical one. As explained in Part One of the booklet, the remedies described herein are primarily intended for Rural Medical Aid. Directions for the Medicine Chest are given in a separate booklet titled "Complete" Dispensary". Both these booklets are available in 14 languages.

Our products known as "Herbo-Mineral Medicines" are a combination of various drugs which are so disintegrated by constant grinding as to render them useful even in the small dosage we recommend. The medicines are efficacious and their action rapid without any untoward reaction. Besides, the prices are kept low so that they may suit the economic condition of the people of the country which we have served for over 55 years.

We record the sincere co-operation given to us by medical practitioners. The net work of stockists is well spread out in the whole of India and Malaysia. However, our patrons may write to us asking to be put in touch with the nearest stockist.

Hyderabad
July 1974

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Aids to Medicine



PART I

The object of this Institution is to render Medical Aid primarily to Rural Areas. It is common knowledge that most villages are beyond the reach of medical aid. India is a land of over 500,000 villages, and more than three-fourths of the total population lives in these villages. We have, during the last fifty-six years devoted all our efforts and attention to the health and well-being of our people throughout the country by providing our Medicines which are particularly suited for practice in rural areas.

The special feature of our medicines is that they are simple to administer. The dosage is small and free from fear of any side effects. Above all, the medicines are effective and economical.

We recommend a study of the booklet entitled 'Restoration of Lost Health'. This booklet is intended to correct certain fallacies of Nutrition and general principles of life. Special emphasis is laid on vitality and nervous disturbances.

Prevention is always better than cure, and it is a matter of prime importance to be able to turn our attention to the creation of sound and lasting health. This is a certain means which will contribute to raise our standard of living and make definite progress in reducing the incidence of diseases.

Thousands of people torture themselves needlessly through lack of understanding of the simple facts of common complaints. Many diseases can be cured or checked by early treatment. To be uninformed about one's state of health may sometimes prove very harmful.

THE MEDICAL OUTLOOK

Every disease has a cause but the cause is not always the same in every case of the same disease. The same cause does not always produce the same disease picture, nor is the same disease picture always due to the same cause. Gastric ulcer may be precipitated by mental and nervous disturbance (in people with "Ulcer Diathesis"). Pulmonary tuberculosis may be influenced by domestic unhappiness. A large number of chronic complaints are known to be due to a state of psychoneurosis.

There can be no routine form of treatment in any disease whatsoever, but there are routine remedies to meet the requirements of routine conditions. The time has now come for the proper adjustment of knowledge acquired by different persons in different spheres and quarters and viewed from different angles. While all theories may individually be correct, their wholesale application is wrong, because man is a complex being. Hence the need for compounds, not only of medicines but of medical theories also. It is to this task that we have devoted ourselves.

Most complaints may be said to be due to one or more of the following causes :

1. Improper nutrition, digestion, assimilation and elimination.

2. Mental and nervous disturbances.
3. Poverty or impurities of blood.

Bad digestion may affect the eyes. Nervous disturbances also cause eye affection. Blood changes do bring about changes in the condition of the eye. Similarly all the organs of the human system may be affected by any of the above causes or the combination of any two or all the three causes. Eye trouble, irregularities of liver, constipation, any lung trouble, even earache, toothache or a boil may need some routine internal or external medicine calculated to correct the particular condition, but the treatment is not complete, nor can the result be satisfactory unless a proper study is made of the constitutional peculiarities of the patient. Dental troubles arise from improper digestion, and therefore, whereas tooth powders and pastes will do good, they will never cure the trouble unless adequate attention is paid to the digestive system: or the trouble may lie in the nervous system, or again the bad condition of the teeth may be influenced by poverty and impurity of blood.

It is, therefore, the constitutional form of treatment that is necessary and our combination of the constructive and the curative form of treatment has perhaps been the secret of the success of our little work.

An eminent Doctor, one of the Medical Authorities of India, once said to the writer "I am tired of the word Science which has been dinned into my ears for over fifty years. Simply tell me that this does this and this does that." This is the real greatness of all learning. We have to face facts and the greatest fact is that a large majority of our people cannot afford the expense of elaborate

methods of treatment. We cannot hope to raise our People to the standard of the affluent countries but we have to endeavour to adjust that or any other standard to the level of our People. We must not sacrifice realism to idealism, and the realism again is that our People are poor. We would be failing in our duty if we did not raise our voice on behalf of the cause we espouse.

Before proceeding further we must answer a criticism. We have been told by some that it is not proper for us to introduce purely spiritual questions in dealing with purely medical matters. The doctor has to deal not only with the body of man but also with his mind, because the mind works upon the body and therefore in a sense the mind needs more attention than the body. But the state of the mind depends upon the health of the spirit commonly called the Soul, and therefore the body, mind and soul are inter-connected and depend upon one another for their welfare.

The very principles on which our Remedies are compounded and prescribed are evident from the fact that we consider man not only as a being but a complete unit in itself of which all his systems comprise a well-balanced whole. We do not consider any one part as being ill, but consider the manifestations of illness in one part or system in its relation to the whole individual.

If we crystallize the new findings of the Research Scholars of the World, we see that fundamentally it is only the spirit of man that contributes towards his own happiness or misery, towards his own success or failure and also towards his own good health or ill-health. The present maxim that Doctors should treat the patient and not the

disease implies that he should take into account his patient's mode of eating and drinking, his mode of living, his mode of thinking and acting, but all these are primarily influenced by his attitude towards life and unless this attitude is correct neither his thoughts nor his actions can be correct. It is for this reason that we stress on the spiritual side of medical work.

Let us begin by realizing the immensity of knowledge and the humble pride of man.

If man needs a lesson in humility he has only to study the medical Science **in all its branches**. Of all Sciences it is the medical Science that needs to be extremely humble. An Allopath cures a disease by his own methods. The Homoeopath cures the very same disease by exactly contrary methods. The Ayurved cures the same disease by his special methods. And so does the Unani Doctor, the Naturopath, Psychopath etc.

The greatest Doctor is he who is humble enough to learn and that from anybody. The greatest Doctor is he who while knowing much still thinks he knows little. The greatest Doctor is he who sincerely endeavours to find out remedies to suit individual pockets. Finally, the greatest Doctor is he who has taken pains to study the working of the human mind, frailties of the human body and the angelic aspiration of his soul. All the three functions play the most important part in the treatment of diseases and he is really a poor Doctor who does not know the association of one with the other.

An authority of repute on nervous diseases said that the very best remedy for diseases of the nervous

system was the **Development of the spiritual side** of the patients. Doctors who have studied only Science and nothing about Him who is the teacher of Science will call this **Psychotherapy**. Psychic influences play a very great part in the treatment of diseases in general and in nervous affections in particular, but psychological powers at best can only twist the imaginative faculties of the patient and serve to infuse greater confidence into him or her in the ability of the Doctor to cure a disease. Thus far, psychology will certainly do much good but it cannot go further. Whereas spiritual development does not merely play upon the imagination but arouses the special faculties of the SOUL, and it is with this soul-force that the patient gets well by a very peculiar and genuine co-operation with the Doctor and his medicines, or learns to bear up wonderfully the pains or inconvenience of the disease with calm resignation and a bewitching smile which must make every psychotherapist blush.

We have respect and veneration for all the authorities and research workers of the various branches of Medical Science. We have studied their fundamental principles and have tried to find points of entire agreement. Thus, we have endeavoured to make a combination of the East and the West. We do not pretend to have evolved out a system which is absolutely complete, but we believe that we have made a combination, which while presenting the advantages of the various systems, possesses disadvantages of neither of them. These are the principles upon which the Herbo-Mineral medicines are based :

First Principle. AYURVEDIC. That “continuous grinding (trituration) increases the power of the

drug.” this is not the same principle of “potentization” as taught by Homoeopathy. The Ayurvedic Masters observed that “continuous grinding imparted to the medicine a force or power of action very much higher than that possessed by the drug”—hence all drugs in general and certain substances in particular are ground and “atomized” with the result that these drugs operate deeply and act rapidly when administered in small doses.

NOTE : The term ‘Atomized’ is used in this guide in the same sense as it has been used by us for the last fifty-two years, viz., thorough disintegration brought about by continuous grinding.

The Ayurvedic Masters also observed that “what action a crude drug produces its opposite action is produced by its atoms.” This principal differs from Homoeopathy merely in terminology—Similia similibus curantur. This is also a principle followed by Allopathy. The latter two systems, however, have an explanation which is regarded as scientific, but fundamentally all three follow the same principle and obtain the same results varying only in degree.

Second Principle. HOMOEOPATHIC. According to Drs. E. A. Neatby and T. G. Stonham, “Drugs selected as remedies on the Homoeopathic principle act by stimulating the reserve antidotal power of the body as does a vaccine. The tissues acted upon are those involved in the disease process of the case in hand, or those adjacent or analogous to them.” By its remedies with similar action to the morbid symptoms, Homoeopathy functions exactly in the same sense as Nature.

Third Principle. ALLOPATHIC. Such high authorities as Rierter, Ford, Rockwood, Waters, Osborne and others maintain that "while massive doses lower resistance to various Bacteria, small doses increase this power. Small doses act as antigen and produce antibodies, protective and curative." Again, competent Allopathic authorities assert that it is not the quantity of medicine that matters but the IONS absorbed into the system. "Atomization" helps adequate IONIZATION.

In his book "Urinary and Prostatic Troubles" Dr. W. Karo writes "Homoeopathy and Allopathy have to supplement each other, both have to know exactly the limit of their efficiency: only by co-operation can the ideal art of the future be brought forth." Thus, our Herbo-Mineral medicines, having been in existence for the last fifty-six years, is not novel to several practitioners.

Engrafting. The method of engrafting is special to Ayurveda and to an extent to the Unani system of medicine. This means grinding of minerals and metals into various herbal extracts, which also means the same thing as combining solutions of metals and minerals with tinctures and extracts, with this difference that whereas liquid compounds have to undergo chemical changes, in powder form they retain their full natural strength, and by virtue of the unique efficacy, operate more deeply and produce lasting results.

Rapidity of effects: "Atomized" drugs operate very rapidly. Dr. Schulz, Professor of Pharmacology at the University of Greifswald put yeast cells into solution of Mercury chloride of various strengths. In the strongest solution the cells were quickly killed. In weaker solutions they took a longer time. In less strong solutions

their vitality was checked. But when these yeast cells were put into solutions of 1 in 7 to 8 millions the vitality of yeast cells was accelerated to such an extent that the yeast cells grew boundlessly. Here we see that whereas tiny doses and particularly of atomized medicine give proper stimulation to the system, strong doses either arrest or positively destroy the power of the system and actually cause diseases other than those that are sought to be cured.

Another Scientific reason. "Atomized" (disintegrated) medicines are absorbed from the mucous membrane of the mouth into the system before reaching the stomach and thus in acute conditions they work within so many minutes and not hours. In order to prove that it is possible for minutely ionized and molecularly suspended substances (such as our atomized medicines) to be absorbed directly into the blood from the mucous membrane of the tongue Dr. Med Mendal (Essen) conducted the following experiments :

He touched the surface of a person's tongue with a small glass rod dipped into **dilution** (atomized) digitalis. After a few seconds the controlling apparatus registered the effect upon the heart. He next took ionized Morphia and let a drop fall on the tongue of the test person. After 2 minutes he could prove the medicament in the person's blood drawn from his artery.

Therefore, our compounds when administered in minute doses or in dilution in acute cases work very rapidly to the utter astonishment of the Doctor.

The above principles may be called Scientific. But we have based our work on a very much bigger principle and that is :

That the Providence of God provides in medicine as in everything else for every size of pocket and therefore the small people must have small priced remedies.

Hence, the benefit of our work must be regarded as proof of the goodness of Providence to man, and not as a proof of the intelligence of man.

There are quite a number of people who believe that only expensive medicines will do them any good. Even the poor are hypnotized into the belief that cheap medicines are no good. Most doctors share the same false belief.

Whatever success we have achieved during these long years is due not entirely to our own labours but to the enthusiastic co-operation we have received from Doctors in particular and the intelligent lay persons in general. Apart from the medical profession numerous Charitable Institutions and Dispensaries, all over the country use DeChane's Herbo-Mineral Medicines with remarkable success. Our Medicine Chests are used by District Local Boards, Community Development Blocks and several Government and Semi-Government bodies in various States of India.

Fundamentals of preventing and curing diseases. In this chapter we have dealt with the general principles of good health as well as the most common diseases, diseases which are for the most part the corner stones of many diseases.

Every educated person ought to know two things. First, how to accept life philosophically and secondly, how

to take care of one's own health and the health of those entrusted to his care. To accept life philosophically means that we should realize that we are in the world not by our own will but by the will of the Creator, and that He has an object in sending us here, and that we have to fulfil that object and that on the fulfilment of the object depends entirely our happiness or misery. Failure to grasp this point makes us go through life with a terrible **rush**, not understanding what we have to do and what we have not to do, with the result that all we do and all we may accomplish is neither of use to ourselves nor to anybody else—it is a purely wasted life. The second obligation imposed by education is that every person should at least know the elementary laws of good health. How many educated persons are there who could say that they are not responsible for their ill-health? Let us, therefore, consider the ordinary principles of maintaining good health and of curing illness.

Value of health is appreciated only when we lose it. Most of us, nay perhaps all of us, have to beat our breast in repentance for our follies of the past. If you are responsible for your present ill-health do not despond. You can certainly regain it. First, understand the preventive measures at least for the sake of others so that you may help them to avoid the mistakes you yourself may have made in the past. This is the highest form of charity towards your fellowmen.

The most common failing of human nature is **indiscipline**. We are entirely under the domination of our senses and we will not say “no” to any of their promptings. Senses are gifts of Nature and therefore a real

blessing, but unchecked they are our greatest enemy. It is the senses and sensuality in every form that is responsible for so much ill-health and misery. Study to be good. Learn to control your eating and drinking. Work hard. Men do not break down from over-work, but from worry and dissipation. Have proper recreation—healthy recreation. Take proper exercise. Regulate your sleep—do not turn the night into day. Learn how to serve others. Do not be selfish. Seek for opportunities to be good. Keep a watch upon your thoughts. These are in reality the laws of good health, to which may be added others laid down by Science.

Another important law of nature for the prevention of disease is to live within our means. Some may laugh at us for saying this. We forget that to pretend to be bigger than what we really are has disastrous moral results. With inflated brain we get inflated ideas and with inflated ideas we certainly go in to inflated actions. Simple living produces simple thinking. Luxurious living is the result of luxurious thinking.

Many will probably say that we have given rather pedantic regulation for the prevention of diseases. We have lived sufficiently long to know, the near and distant causes of ill-health, and we consider it our duty to speak plainly and even bluntly.

One thing is essential in the treatment of diseases and that is TRUST—trust in God, trust in medicines and trust in your own self. When we are ill our mind, as a rule, becomes fickle. We run from Doctor to Doctor. Gulp down one medicine after another. This procedure only

helps to worsen our conditions. Remain cool. When you put yourself in the hands of a Doctor, remain faithful to him, especially if the disease be chronic. You must give the Doctor a chance and never change him without good reasons. It may take time to cure a chronic diseases, but the results are generally better and the cure lasting. Quick cure of such cases is often deceptive.

If you undertake treatment (Say with our medicines) with the aid of instructions given in our books and Literature, you must, in the first place, thoroughly understand one's constitutional peculiarities, understand the disease, understand the remedies you select and finally understand what things, what thoughts and what action one must avoid in order to help the medicines to work rightly. You must not forget medicines have their limitation and that medicines are only helps to nature. Hence you must not violate the laws of Nature, but try to observe them as strictly as your circumstances will allow.

It is said that we are living in the age of Science. It is true, but it is also true that in paying our homage to Science we are disrespecting Nature, the mother of Sciences. People are now under the impression that drugs, tonics, injections, etc., can do everything for them and that they should do nothing for themselves. Absurd. There are more people in the world that are suffering as a result of drugging than we imagine. Taking medicines indiscriminately produces diseases and they are often worse than the ailment for which the medicine was taken. Beware of strong medicines. Even harmless medicines, such as ours are; should not be abused.

Vitality : What is it ? The only known preventive against disease is our vitality. Vitality is a word which

has been much abused. Let us, therefore, examine Vitality from different angles.

From the medical view point "vitality" means the proper functioning of the numerous CELLS in the human body. But even the medical mind, we much regret to say, does not take into consideration the various kinds of Vitality or the various sides of Vitality. Every qualified medical person knows that "Vitality" is not exactly what lay people think it to be. The popular impression of Vitality just now is "STRENGTH" and every body seems to be diligently studying how to get it.

Vitality must be divided into three classes viz., physical, mental and spiritual vitality.

You will at once see that of the three "Vitalities" the mental vitality is of much greater importance than the other two, because it is THAT that helps us to view life as it should be viewed. It is the mind that rules the body. It is the mind that influences the muscles and the nerves. A weak bodied person lives much longer through sheer force of mind. A weak person with strong mental vitality overcomes disease more easily and more quickly than does a person with weak mental faculties. "Healthy mind in a healthy body," must be one's ideal.

Let there be no misunderstanding. Whereas Vitality has to be classified under three heads as above, yet we must not forget that all three are interconnected and therefore cannot be entirely separated one from the other. Our object in speaking about them individually has been to show you that we do not consider only one side and neglect the other two.

We cannot conclude without a few words regarding spiritual vitality. Look around you. Who commands your respect? Not he or she who possesses a fine physique, nor the one who is learned nor again one who is rich - but always that person, however humble, who does what is right and scrupulously avoids that which is wrong.

To possess Spiritual Vitality, it is not essential that one should be a SANYASI or SADHU. All that is needed is to lift up our hearts to the Creator and to accept all things that happen to us as the accomplishment of His Will. The attitude of the creature towards the Creator so to say, obliges God to protect the humble supplicant from dangers that surround our body as well as the soul. Let us not forget that God has created everything for MEN but He has created men for Himself. When man obeys God, all things obey man, but when man revolts against God all things subordinate to man revolt against him - even medicines.

Revitalization. Revitalization is a process based upon the Laws of Nature and of Science, Laws of Nature are those Laws which are commonly understood by persons who have acquired higher knowledge.

In order to live the full span of our Life we have to pay adequate attention to nutrition, assimilation and elimination. These are the Laws of Nature and affect things that are in the order of Nature. Our physical well-being, therefore, depends in a very large measure upon the manner in which we regulate our life. We have to live for Duty not for pleasure. We receive letters giving a large and complicated history of various complaints and asking us for advice and treatment, but special emphasis is laid

upon their anxiety to regain lost vitality. They want vitality to "enjoy" life. They do not seem to care for good health. We forget that vitality is a blessing of good health and that unless impediments to good health are removed vitality can never be brought back.

Revitalization means the renovation of health if lost. We now explain the basic principles of health and what we have to do ourselves to preserve and restore it. Under the heading **CONSTITUTIONAL TREATMENT** in the section devoted to the Treatment of Disease we explain what Science does for man. A proper study of both will, therefore, enable us to help ourselves, help our dear ones and help others around us.

Nutrition means that we have to eat rightly. To eat rightly does not mean to eat richly. Right food is that food which is natural to each one of us. What is meat to one is poison to the other. People eating chutney and chappaties are often more muscular and hardy than those who eat duck and turkey. Scientific nutrition means that we can enrich our food. Our polished rice and baker's bread have very little food value. Richer things are too heavy for our weak stomachs and other things are too expensive for our small income. What is to be done? Here it is that Science comes to the rescue. Albo-Sang half to one teaspoonful twice a day gives you all the cell salts and vitamins that are absolutely needed to maintain health.

Digestion. Good digestion is the key to good health. Digestion depends upon what you eat and how you eat. We may eat wrong things and we may eat right things in a wrong way. Food must be masticated and nothing should

go down the throat until it is reduced to pulp in the mouth by the teeth. Mastication prevents over-eating. Bad teeth and bad digestion go together. If you want good teeth see to digestion and if you want good digestion, see to your teeth.

Digestive troubles are often deceptive. Persons who eat well (and they invariably over eat) and assert that their digestion is excellent, may be suffering from indigestion of a worse type than others. Digestive troubles are also caused by excessive tea and coffee drinking and smoking.

Assimilation is said to be improper when a person eats well and digests well and yet looks anaemic. This is due to several known and unknown causes explained under Treatment.

Nervous disturbances. Good health is also regulated by the nervous system. Our super-civilization has imposed a heavy tax upon the brain and nerves. Even children are born nervous. The very best nature remedy for nervousness is regularity of habits, restful sleep and cool-headedness. Coolness of head can only come with the right conception of life. If we live for pleasures or fame or wealth, these very things become our enemy some day. If we live for DUTY then the Master, who has imposed it upon us, naturally helps us to realize our responsibilities and to go through life manfully. This is the philosophy of life but philosophy needs help from nature and our poor nerves have got to be attended to by means of aids so kindly and generously provided by science.

Nervous affections are due to natural causes as well as to unnatural causes. Natural causes are illness, mental strain, overwork, worries, sorrows and several ups and downs of life to which we are subject. The unnatural causes are acts against nature, burning of one's candle at both ends, self-abuse and excesses of every sort. No one can break the laws of Nature and go unpunished.

Nervous diseases can be brought on by improper nutrition, digestion and elimination and the trouble disappears by putting right what has gone wrong. On the other hand nervous disturbances can derange digestion, assimilation, elimination, and even vitiate blood. It is a big vicious circle and a medical problem.

The following quotation which is described as "A brief of a new approach in modern medicine" shows the importance of treating the nervous system in all cases: "Nearly half a millenium B. C. Socrates came back from army service to report to his Greek countrymen that in one respect the barbarian Thracians were in advance of Greek civilization: They knew that the body could not be cured without the mind." This he continued, "is the reason why the cure of many diseases is unknown to the Physicians of Hellas, because they are ignorant of the whole".

Blood Changes. As we have seen, anything may vitiate blood and vitiated blood may cause nervous troubles as well as bring on digestive troubles. We explain under Treatment the various conditions of blood, the most important of which are the two mentioned below:-

Chronic Malaria. This disease is playing havoc in India. It is not generally known to lay persons that Malaria remains hidden in the system for years. No matter whether a person has had Malaria 25 days or 25 months ago, there is always a possibility that it is working damage secretly in the system. One characteristic manifestation of Malaria in chronic and latent form is that digestion gets out of order on the least pretext. In some cases there are feverish symptoms, in others the thermometer shows no rise in temperature.

Venereal Poison in the system. Those who suffered from Gonorrhoea or Syphilis and have not taken pains to **Purify** their system adequately must be prepared to experience all forms of obstructions not only in the treatment of disease in general but also in maintaining good health. According to medical authorities venereal poison remains active for several years in the body, and therefore, persons who have had the great misfortune of having contracted it must persevere in the process of "purification" for a number of years even though a systematic medical treatment may have been undergone in earlier years. Let not such persons be in false security and assume that because they do not see any particular signs of these diseases, they are absolutely sound. We do not wish to frighten people. We merely state a sad fact and suggest means of regaining lost health—means which science and experience have shown to be good, expeditious, reliable and perfectly sound.

Materia Medica

PART II

General Directions: The dose (Where not specially mentioned) of those medicines that are available in tablets is $\frac{1}{4}$ to $\frac{1}{2}$ [tablet for children; $\frac{1}{2}$ to 1 tablet for adults. As a rule medium dose should be used but in urgent cases or cases in which immediate treatment is necessary, such as high fever, colic, etc., the maximum dose may be employed. The usual interval between doses is 4 hours. Always increase the interval and decrease the dose as the patient improves. This is essential in order to give Nature a chance to assert itself.

Vehicles do moderate or accelerate the action of medicines. Medicines given in warm water or warm water taken after a dose makes the medicine work quickly. Honey (just a few drops to about $\frac{1}{4}$ or $\frac{1}{2}$ teaspoonful) is another beneficial vehicle especially in lung and chest affections and when a little stimulation is required.

Time, Diet, etc. Curative medicines work well when given on empty or partially empty stomach, say half to one hour before or 2 to 3 hours after food. The purely constructive ones are as a rule given immediately after food or diluted in any liquid diet. There are no dietetic restrictions of any sort. Eat what agrees, avoid what disagrees. In active disease observe light or liquid diet. In digestive troubles the success of treatment depends entirely upon the proper management of food.

Combinations. All medicines may be combined with one another and upon intelligent combination depends the success of medicine in general. Two or three may be taken to make a special compound for special requirements. Make the combinations in the required proportions, taking more of one and less of the other and so on. **These combinations may also be made for injectables made by us.**

Trituration. Herbo-Mineral products may be triturated homoeopathically to any potency with sugar. An Allopathic Doctor (M. D.) who has made a thorough study of Homoeopathy reports that he finds our Meditab and Albo-Sang in 3x to be doing much finer work in consumption. Our compounds are, so to say, already potentized to that degree which is most suitable to the patient.

Medicine Chests. These Chests consist of 8 medicines. These 8 Remedies are available in strips and bottles. Direction Booklets are printed in 14 languages. These Medicine Chests are used for Rural Medical Aid by Governments and Charitable institutions in all parts of India and they are also used as Home Dispensaries by lay persons—see special leaflet headed “A Complete Dispensary” for every home.

Herbo-Mineral Medicines work rapidly in both acute and chronic cases. Once the medicine has acted beneficially, even a maintenance dose will suffice to keep up the progress and to help Nature. Herbo-Mineral Medicines are absolutely harmless in the recommended doses.

Fomentation. Moist Fomentation is said to give more satisfactory results than dry or wet fomentation. Heat up a brick in fire. Wrap it in a wet cloth (squeezing

out water) in two or more folds: wrap the whole in DRY cloth in several folds and foment affected parts removing a fold or two as the heat decreases. This fomentation is excellent in pains, colics, bronchitis, etc. In rheumatism and other special needs, some salt may be sprinkled on the inner cloth or the cloth made wet with salt water.

Ointment-External Treatment. External treatment must be a help to internal medication and the cure must come from inside and not outside. However, there are instances where only external applications may suffice, at least to give prompt relief such as some severe pain, sudden inflammation, some irritation, in throat, ear, etc. As a rule the external aids must be employed in connection with internal medicines. As regards making of Ointments of Herbo-Sulph or of Healan, the usual rule should be one part of medicine well mixed with say 5 parts of any bland oil, vaseline or, for better results, with our product Ripanto, making the ointment weaker as progress is visible. Rubzon and Chesol render fine service in aches and pains and are of great use in lung and chest affections, throat troubles, tonsillitis, rheumatism and allied affections.

Hypodermic Administration. Herbo-Mineral Medicines produce excellent results when administered hypodermically. The injections are non-injurious, painless and without any reactions whatsoever, vide leaflet headed "Injectables" for a description of our range of products available in the form of 1 ml. ampoules.

Injectations may be given once in 24 hours. Once improvement sets in, the interval between the injections may be increased.



DESCRIPTION OF HERBO-MINERAL MEDICINES

AGAR-CO

For Epilepsy, convulsions in infants and children, hysteria and hysterical complaints not only in women but also in men of hysterical temperament. In epilepsy, give Vital Essence during the day, and Agar-Co orally at bedtime, and keep up as long as required. Treat hysteria also in the same way.

Agaricus in minute doses checks convulsions, acts as a sedative in spasmodic affections and is of great value in hysteria. Lilium manifests powerful influence over the pelvic organs and is adapted to many reflex states dependent on some pathological condition of uterus and ovaries. Aethusa eases restlessness, irritability and vertigo.

COMPOSITION

Each tablet contains :

Tr. Agaricus Q	0.0064 ml.
Tr. Aethusa Q	0.0064 ml.
Tr. Lilium Q	0.0132 ml.

Adult Dose : $\frac{1}{2}$ tablet, half an hour before food
3 times a day.

ALBO-SANG

For poorly and improperly nourished babies and adults.

COMPOSITION

100 g. contains :

Calcium Lactate I. P.	5.71 g.
Calcium Dibasic Phosphate I. P.	3.43 g.
Tribasic Magnesium Phosphate N. F. '55	1.14 g.
Asgandh (Withania somnifera)	8.00 g.
Traces of Iron and Copper.	

Albo-Sang is the most economical scientific *reinforcement* to our ordinary nutrition and increases its value immensely. In run-down conditions Albo-Sang used daily conduces to restore a sense of well-being. It stimulates metabolism, provides valuable essential nutrition, promotes strength and helps to regain body-weight rapidly. It can be taken in tea, coffee, milk, curds, butter, porridge, fruit juice, any liquid food or diluted in water before or after meals.

The poor man cannot get the right type of food and the better class of people cannot digest their richer food. In scientific terms this means that we do not get the required Cell Nutrition either because our food is poor or our digestion weak. It is necessary, therefore, to *reinforce* our ordinary food by scientific nutrition.

Our daily food, however poor, gives us *quantity* and Albo-Sang added to it gives the *quality*.

Albo-Sang supplies Calcium, Phosphates and essential vitamins. In addition to these it is enriched with a few most valuable herbs used in Indian system of medicine namely Asgandh, Brahmi, Talispatra and Isharmul. They have been described as highly useful in emaciation of children, senile debility, in all cases of general debility, brain fag, loss of memory, lack of muscular energy and spermatorrhoea. Thus, ALBO-SANG is a valuable Combination of Potent Indigenous Herbs, necessary Minerals and Essential Vitamins. It infuses fresh energy and vigour in a system worn out owing to constitutional diseases, or from overwork, and thus prevents premature decay.

INDICATIONS

In Illness : During illness and convalescence Albo-Sang raises up the defensive forces of the body, helps the patient to maintain vitality and to recover rapidly.

Anaemia : Patients show rapid improvement in Blood Picture within a few days. In general debility and convalescence Albo-Sang helps the patient to recoup lost forces rapidly.

Infants : Hand feeding of infants may be done by adding Albo-Sang to fresh Milk, thus saving the enormous expense of milk food. Infants thrive well, their digestion improves, bowels move regularly and they keep healthy.

Growing Children : Albo-Sang meets the demand for Calcium and Phosphorus of growing Children and

helps them to eat well, study well and makes them robust and healthy.

Nursing Mothers : Albo-Sang helps them to bear the strain of feeding the baby. It increases and enriches their milk. Calcium and Vitamin D absorption increases during growth, pregnancy and lactation. Albo-Sang supplies these additional requirements.

Mental Workers : They need Albo-Sang to maintain equilibrium in physical and nervous forces. It helps to overcome the physical and mental depression resulting from over-work and worries.

Elderly persons : require Albo-Sang for the maintenance of normal health. It acts as a general tonic, nutrient and health restorative.

DOSAGE

Infants : About $\frac{1}{4}$ of a teaspoonful twice a day.

Children : $\frac{1}{2}$ teaspoonful in milk twice a day

Adults : 1 teaspoonful or 2 tablets twice a day as explained in directions enclosed with each package.

COMPOSITION

Each tablet contains :

Calcium Lactate I. P.	54.0 mg.
Calcium Dibasic Phosphate I. P.	36.0 mg.
Tribasic Magnesium phosph. N. F. '55	36 mg.
Asgandh (Withania somnifera)	55.0 mg.
Mag. Carb, traces of copper and iron.	

Albo-Sang is also available in concentrated tablets for the sake of convenience and economy. Two tablets, which is the average dose for adults, are equal to one teaspoonful of powder. Tablets being sugar free are preferable in the case of diabetics.

AMYGLIA

For the relief of Angina Pectoris. It Acts by dilatation of the coronary artery. It is also an important auxiliary in headaches and high blood pressure, especially when immediate relief is desired. Amyglia dilates the blood vessels and lowers the blood-pressure. When Phenocalcine or Vital Essence does not help in headaches, give Amyglia.

A crushed tablet of Amyglia placed under the tongue frequently aborts attack of epilepsy. The same effect is observed in migraine. Amyglia is also useful in spasmodic affections such as dysmenorrhoea, asthma, whooping cough and infantile convulsions.

COMPOSITION

Each tablet contains :

Tr. Lilium Q	0.0004 ml.
Glonoinum 3x	1.6 mg.
Natrum Nitrosum 3x	205 mg.

Dose : $\frac{1}{2}$ tablet three times a day.

AURATINUM

For Uterine affections :

COMPOSITION

Each tablet contains :

Aurum muriaticum 3x	24 mg.
Tr. Pulsatilla Q	0.008 ml.
Tr. Thuja Q	0.0024 ml.

ACTION :

Aurum muriaticum has a pronounced effect on the female organs. It has a marked effect in high blood pressure due to disturbed function of the nervous mechanism. Moreover, it is useful in palpitation in girls, coldness in abdomen, chronic metritis, ulceration of neck of womb and vagina, leucorrhoea with spasmodic contractions of vagina and ovarian dropsy.

Tr. Pulsatilla is valuable in patients who are highly emotional. It is indicated in neuralgic pains and aches. It is particularly recommended in amenorrhoea and menstrual irregularities.

Tr. Thuja is useful in i) profuse leucorrhoea, thick and greenish. ii) in severe pain in ovary and inguinal region. iii) when menses is scanty and retarded. Ovaritis : at every menstrual period and when there is profuse perspiration before menses. As such, combined effect of these compounds make Auratinum a valued remedy in highly emotional women.

Dose : $\frac{1}{2}$ to 1 tablet for adults, three times a day, preferably half an hour before food and at bedtime. For quicker relief, injection of Auratinum 1 ml. every 24 hours.

BENZOMONES**For relief During an attack of Asthma****COMPOSITION**

Each ml. contains :

Ephedrine hydrochloride I. P.	8 mg.
Arusha (<i>Adhatoda vasica</i>)	0.01 mg.
Datura (<i>Daturae metel</i>)	0.02 mg.
Asgandh (<i>Withania somnifera</i>)	0.02 mg.
Preservative Chlorobutol I. P.	0.5%

INDICATIONS : Benzomones is indicated during an attack of asthma. It is used with considerable success to check an acute attack of asthma. It is also recommended as a prophylactic against repeated attacks.

Arusha (*Adhatoda vasica*) is a renowned expectorant and pulmonary antiseptic. Asgandh and Datura are useful in dry, hacking cough owing to their antispasmodic and sedative actions.

Ephedrine Hydrochloride reduces dyspnoea presumably by inducing relaxation of bronchioles and is used in asthma for prompt relief.

It is advisable to administer Desma orally. This may be maintained as long as necessary.

DOSAGE : 1/4 ml. for children, 1 ml. for adults, every 24 hours. It may be repeated at intervals of 24 hours, if attacks tend to persist.

BIO-SAL**(Gripe Mixture)**

For Ailments of Infants : Stomachache, Flatulence, Acidity, Sleeplessness, Convulsions, Disorders associated with Teething, etc.

COMPOSITION

5 ml. (One teaspoonful approx.) contains :

Oil Anethi I. P. 0.000615 ml.

Oil Cari B.P.C. 0 000615 ml.

Sodium Bicarbonate I. P. 71.5 mg.

Alcohol v/v 4-6% -in a palatable Syrupy base.

Bio-Sal gives immediate relief in colic, prevents diarrhoea and gives tone to the digestive system, thus raising resistance not only to intestinal infection, but to disease in general.

Bio-Sal is of great value in loss of appetite in babies and young children. Its regular use, morning and night, prevents acidity, stimulates appetite and aids digestion. It may be given at frequent intervals during illness and convalescence.

Disorders commonly associated with teething are promptly relieved with Bio-Sal. It sets the digestive process right and checks diarrhoea. Infants are thereby saved from these ailments which would otherwise become troublesome and even serious.

Bio-Sal does not contain any narcotics or other injurious substances. It is a reliable preparation for flatulence, convulsions and digestive discomforts. Bio-Sal

is a soothing and efficacious remedy in restlessness due to acidity and fermentation which is a common complaint during infancy.

As an appetizer, Bio-Sal may be given a few minutes before feeds. It is quite pleasant to taste, but sugar may be added for further sweetening if necessary. Bio-Sal may be added to the contents of the bottle if the baby is fed artificially. Babies relish its sweet taste and flavour.

Bio-Sal is the Gripe Water of choice. It is recommended by the Medical Profession and acclaimed as the most dependable household remedy for digestive troubles in infants and young children.

Dose : For a new-born infant, quarter teaspoonful ; One to six months old, half teaspoonful ; Six months to one year old, one teaspoonful ; Two years old child, 1 to 2 teaspoonfuls.

SRAHAMDINE

For uterine affections in general and for Leucorrhoea in particular.

COMPOSITION

Each tablet contains :

Lodhra (<i>Symplocos racemosa</i>)	52 mg.
Ashoka (<i>Saraca indica</i>)	52 mg.
Asgandh (<i>Withania somnifera</i>)	28 mg.
Balatagra (<i>Valeriana wallichii</i>)	28 mg.
Pila Dhatura (<i>Argemone mexicana</i>)	2 mg.

Indications : Leucorrhoea and similar uterine affections. Lodhra relaxes uterine tissues and thereby

acts as an astringent tonic in menorrhagia and leucorrhoea, normalising irregular menstruation.

Ashoka is an astringent and uterine sedative and has been used for centuries for various disorders of the uterus.

Moreover, inclusion of **Asgandh**, **Balatagra** and **Pila Dhatura**, relieves anxiety, uneasiness and imparts a feeling of well-being to the patient. **Lodhra** and **Ashoka**, in combination have a good effect on uterine affections in general and leucorrhoea in particular. This combination regulates menses; if the flow is profuse it is reduced, and if scanty, it is markedly increased.

Asgandh is indicated for general debility and **Balatagra** is a very valuable nervine tonic and antispasmodic; this effect is enhanced by **Pila Dhatura**.

If the bleeding is too profuse **Chinium-Co** may also be used with **Brahamdine**.

Dose : 1 to 2 tablets early in the morning and at bedtime.

CHESOL

An excellent embrocation for Muscular Aches and Pains, Bronchitis etc. For external use only.

COMPOSITION

Each 100g. contains :

Rati (<i>Abrus precatorious</i>)	7.5 g.
Sufedrai (<i>Brassica campestris</i>)	5.0 g.
Lalmirchi (<i>Capsicum annum</i>)	10.0 g.
Ghikanvar (<i>Aloe barbadensis</i>)	5.0 g.

INDICATIONS : Chesol is a concentrated extract of fresh and reputed indigenous herbs. It is highly useful in rheumatism, stiff joints, bronchitis, coughs, headaches etc. The oil should be applied at the site of pain and rubbed well. In bronchitis it is applied on chest while going to bed.

Massage with Chesol once or twice a day in wasting of muscles and paresis has shown very good results. In delicate skins especially of babies the strength of Chesol may be reduced by adding vegetable oil after the first or second application.

CHINIUM-CO

COMPOSITION

Each tablet contains :

Dalchini (<i>Cinnamomum zeylanicum</i>)	12 mg.
Mainphal (<i>Randia dumetorum</i>)	3 mg.
Revandchini (<i>Rheum webbianum</i>)	44 mg.
Kalikatuki (<i>Helleborus niger</i>)	24 mg.
Babunkephool (<i>Matricaria chamomilla</i>)	46 mg.

Is a very useful medicine. 1. It is a remedy for infants and children in particular and for females and delicate persons in general.

2. Profuse bleeding whether in uterine affections or in piles or through the nose or mouth and in dysentery.

3. Painful affections in general and especially when females complain of pain in uterus, fallopian tubes and generally in the lower abdomen.

One of the ingredients of this compound is **Cinnamon** which is a good carminative, astringent, stomachic for bowel complaints and is a good haemostat. This is also a stimulant of the uterine muscular fibre in tedious labour due to defective uterine contractions.

Mainphal is an aperient and ecboolic, bitter and tonic.

Helleborus niger is useful in amenorrhoea. It is a cathartic, emmenagogue and it is very widely used in amenorrhoea.

Chamomilla is a diuretic, stimulant, antispasmodic and carminative, also increases biliary secretion. This is used principally in false labour pains, dysmenorrhoea, metrorrhagia, cramps in legs, icterus, flatulent colic etc.

Indications : As such this combination of the age old reputed Ayurvedic drugs, renders it a most valuable remedy for infants and children in particular and females and delicate persons in general in; i) Profuse bleeding whether in uterine affections or in piles or through the nose or mouth and in dysentery; ii) Painful affections in general and especially when females complain of pain in the lower abdomen.

Dose : $\frac{1}{2}$ to 1 tablet for adults, three times a day.

DANGINE

Is indicated especially in Whooping Cough.

COMPOSITION

Each tablet contains :

Phitkari	14 mg.
Arusha (<i>Adhatoda vasica</i>)	30 mg.
Nala (<i>Lobelia nicotianaefolia</i>)	30 mg.
Dudhi (<i>Euphorbia pilulifera</i>)	49 mg.

Dose : $\frac{1}{4}$ to $\frac{1}{2}$ tablet for children every 4 hours.

In severe cases this dose may be repeated every 2 hours. If the child does not show good progress within 2 or 3 days, a dose of our product Piparid should be given to expel any intestinal worms that may be present.

To raise general resistance and bring about a quick recovery, it is advisable to give Albo-Sang with milk, twice a day.

Dangine contains valuable antispasmodic and expectorant herbs. Hence it is useful in harassing and spasmodic coughs.

DECIL

For quick relief from headache, toothache, muscular pain, common cold, flu and rheumatism.

COMPOSITION

Each tablet contains :

Acetylsalicylic Acid I. P.	225 mg.
Paracetamol B. P.	125 mg.
Caffeine U. S. P.	30 mg.

Decil is a combination of three well-known and tried therapeutic agents for relief in a variety of aches and pains and in pains due to cold, flu and rheumatism.

Acetylsalicylic Acid is the most popular antipyretic, analgesic and antirheumatic agent and in therapeutic doses has no untoward effect on the cardio-vascular system. Its antipyretic effect arises from its action on the central nervous system. It also increases the threshold of pain.

Paracetamol has analgesic, antipyretic and antirheumatic actions similar to those of acetylsalicylic acid, to which it exerts a suitable synergistic action. It is given by mouth in the treatment of pain such as headache, toothache, rheumatism and neuralgia.

Caffeine is a Xanthine derivative. Caffeine produces a stimulation of the psychic and sensory functions of the cerebrum. In conditions of mental fatigue or drowsiness it leads to an appreciable increase of mental alacrity, the spirits become brighter and the person more alert in his reactions.

It can be used with success in treating chronic vascular headaches of various types including migraine. Driesbach and Pfeiffer reported that severe headache was produced by sudden withdrawal of Caffeine in migrainous subjects, this headache differed in character from the usual migraine and was relieved by Caffeine.

Thus, Decil is a useful drug for quick relief from headache, toothache, muscular pains, common cold, flu and symptomatic relief from pain due to any cause.

Dose : 1 to 2 tablets for adults, to be repeated after 3 or 4 hours if necessary.

DESMA

Indicated in chronic coughs, in respiratory troubles and in acute and chronic asthma.

COMPOSITION

Each tablet contains :

Huma (<i>Ephedra gerardiana</i>)	130 mg.
Arusha (<i>Adhatoda vasica</i>)	40 mg.
Meradu (<i>Polygala chinensis</i>)	60 mg.
Nala (<i>Lobelia nicotianaefolia</i>)	25 mg.
Dudhi (<i>Euphorbia pilulifera</i>)	40 mg.

Desma is a combination of drugs which give relief in asthmatic conditions and various other varieties of cough.

The action of **Huma** (*Ephedra*) is due to its alkaloid, Ephedrine. It is used in asthma with considerable success by inducing relaxation of bronchioles.

Vasaka (Arusha) is used as an expectorant and is a very popular remedy in acute and chronic bronchitis. It liquefies the sputum so that it is brought up more easily.

Nala (Lobelia) is an expectorant and antispasmodic, commonly employed between paroxysms for its dual effect of expectoration and reduction of spasms.

Dudhi (Euphorbia) has a depressant action on respiration and causes relaxation of the bronchi by central action. It is especially useful in children suffering from cough.

Meradu (Senega) is a time-honoured remedy, long known to medical science for its use as an expectorant in various forms of bronchitis and asthma. It owes its action to its active constituents which belong to the group of saponins.

By virtue of the combined properties of the above reputed indigenous herbs, DESMA has proved to be of particular value in dry, hacking coughs, and can be prescribed with considerable benefit :

- 1) in preventing attacks in cases of chronic asthma.
- 2) for immediate relief during an attack of asthma.
- 3) for the cure of chronic coughs.

Thus, DESMA is a dependable antispasmodic, expectorant and pulmonary antiseptic, which is free from any injurious substances and can be prescribed safely even in chronic cases for long periods. It is also useful in post influenza and cough, respiratory catarrh, exciting cough and infections of the respiratory tract.

Dose : Adults 1 to 2 tablets, 3 to 4 times a day.

Children : $\frac{1}{2}$ to 1 tablet three times a day.

DIASYN

for Diarrhoea, Dysentery & Intestinal Disorders

COMPOSITION

Each tablet contains : Kurchi (*Holarrhena antidysenterica*) 66 mg., Bael (*Aegle marmelos*) 16 mg., Sonegeru (Silicate of Alumina and Oxide of Iron) 32 mg., Balharde (*Terminalia chebula*) 32 mg., Dar-hald (*Berberis aristata*) 100 mg.

Indications : Diasyn is indicated in both amoebic and bacillary dysenteries and diarrhoea, mucous colitis, biliary disorders and intestinal fermentation, and especially valuable in infantile Diarrhoeas. It is useful in cases of Hepatic Amoebiasis.

Diasyn acts decisively and removes symptoms of Diarrhoea and Dysentery of any origin, while giving a soothing treatment to the intestinal canal and stomach, in general.

Pharmacology : Kurchi and Bael are two useful and well known antidysenteric drugs of choice. Kurchi is also a known Bacteriostatic agent. Kurchi contains two alkaloids, CONESSINE, which has bactericidal action against amoeba, and KURCHISINE which is a protoplasmic poison and as such is very efficacious in cases of diarrhoea and dysentery. The total alkaloids have a remarkable action against acute and chronic forms of amoebic dysentery. Further, the value of kurchi as a potent remedy for dysenteric affections has been established as a result of clinical trials carried out by

many Indian as well as European Medical Authorities, to name a few, R. C. Dutt in 1881, Tull Walsh (1891), Kanai Lal Dey, (1896) Knowles (1928), Caius and Mhasker, etc.

Bael : is one of the ingredients of renowned 'DASAMUL' used in Ayurveda from time immemorial.

Sonegeru : is a soothing astringent to the intestinal canal.

Balaharde : relieves griping.

Berberis Aristata : also acts as an astringent. It has an anti-bacterial effect too, against bacillary dysentery and infective diarrhoea. It also controls frequency of stools in cholera cases. There are reports that it probably acts in the intestinal mucosa by coagulating proteins, thus decreasing inflammatory congestion. The toxins get caught up in this coagulum, which prevents the toxins being absorbed into the systems. Thus it is also useful in the treatment of gastro-enteritis.

Because of its lack of toxicity in amoebicidal concentrations, Berberine is proved to be a very promising drug in chemotherapy of amoebiasis and other dysenteries. The morphological changes in the trophozoites after the addition of Berberine (Darhald) include encystation, degeneration and finally lysis. It is also a cysticidal.

A judicious grouping of these five dependable constituents renders Diasyn very effective. Diasyn thus acts as protective of the mucosa of the intestines, adsorbs toxins from the alimentary canal and exerts a mild carminative action as well.

Apart from oral therapy, parenteral administration is more effective in acute cases, given simultaneously.

Chronic cases of diarrhoea and dysentery can be treated successfully with Diasyn tablets and injectables, given for a reasonable period of time. It is very safe. Treatment with Diasyn does not result in constipation or Neurogastritis.

References :—

Ghosh, R. (1965) Pharmacology. Materia Medica & Therapeutics. Lahiri S. C. & Dutta N. K. (1967) J. of India, Medical Assn. 48:1. Kamat, S. A. The J. of Assn. of Physicians of India, 15:11:525 Gellis, S. S. and Kagan, B. M. (1964) Current Paediatric Therapy. W. B. Saunders, Philadelphia, P. 201. Nelson, W. E. (1964) Text Book of Paediatrics.

Dose : $\frac{1}{2}$ to 1 tablet every 4 hours for adults.
 $\frac{1}{2}$ tablet for children.

Simultaneously subcutaneous administration of 1 ml. daily is very valuable and gives prompt relief.

ENTROPS

For Pyorrhoea, Inflammations etc.

Entrops contains Phenol, Camphor & Eucalyptus Oil in a vegetable oil base.

COMPOSITION

100 g. contains :

Phenol I. P.	0.91 g.
Eucalyptus Oil I. P.	1.14 g.
Camphor I. P.	0.23 g.

Properties & Indications :

Entrops is an antiseptic, analgesic and anti-inflammatory and in general it can be used in almost all these conditions externally where Phenol therapy is indicated.

It has been found useful in the following cases :

Pyorrhoea : Due to astringent and bacteriostatic action of its constituents, frequent paint on the infected gums, after brushing the teeth in the morning and at bed time will arrest putrefaction at any stage and prolonged use will ultimately stop further decay of teeth, foul breath, bleeding, pain, and pus formation and inflamed gums.

Gingivitis : Apply Entrops as gum-paint, 2 to 3 times a day, and rinsing should be done after each application, say after 5 minutes.

Tonsillitis, Pharyngitis, Laryngitis & Stomatitis : Apply as a throat paint 3 to 4 times a day to relieve throat congestion. KOFLOZAN may be given simultaneously orally. Because of low concentration of Phenol, this is absolutely harmless in case the patient swallows during application in the mouth or throat. In dry and spasmodic cough and whooping cough, throat inflammation, and smokers' cough, Entrops application is very beneficial.

Nasopharyngeal Infection : Instil Entrops as a Nasal Sinus Decongestant to relieve nasal congestions due to infection, enlargement of adenoids, inflammation of olfactory-sinus. Repeat instillation every 4 hours.

Otic Pains : Instil few drops to relieve pain in cases where phenol therapy is more suitable.

Inflammation : Apply on inflamed parts 2 or 3 times a day for relief.

Abscess ; Cotton packs soaked in Entrops may be applied over mammary or subcutaneous abscess and challenging boils. In primary stages its anti-inflammatory action will subside such conditions, while advanced cases will lead into abortion of abscess and boils.

It should be stored in a cool place away from Light. It should be shaken well before use. It should not come in contact with eyes.

FLUZEN
For Cold and Influenza
COMPOSITION

Each tablet contains :

Salicylamide N. F.	200.00 mg.
Kalikatuki (<i>Helleborus niger</i>)	5 mg.
Lasun (<i>Allium sativum</i>)	0.1 mg.
Jaiphal (<i>Myristica fragrans</i>)	0.4 mg.

Indications : Salicylamide has been favourably reported for its analgesic, antipyretic and antirheumatic activity. Salicylamide is better tolerated by human patients than are salicylates (Litter et al., *ibid.*, 1951, 101, 119; Wegmann, *Schweiz med. Wchnscher.*, 1950, 80, 62). Salicylamide has been reported to be as effective or more so than salicylates in the treatment of rheumatic diseases (Wieland, *Med. Klin.*, 1949, 44, 1530, Wegmann, Litter). Salicylamide is combined with indigenous drugs of high repute in Fluzen. "Dr. Osiander describes Nutmeg as an antipyretic, and Dr. Paracelsus, Lonicerus and Mathiolus describe it as a gastric tonic" (The Indian Materia Medica by Dr. Nadkarni). Kalikatuki and Lasun have also been used with success in the treatment of various bronchial infections.

Fluzen is thus the remedy of choice in Colds, Influenza, and Muscular Aches and Pains. A few doses taken at the onset check the attack and prevent the usual after effects such as exhaustion, weakness, chronic cold and cough.

Dose : $\frac{1}{2}$ to 1 tablet for adults 3 times a day. For children according to age.

GASTROMONE

The chief indication for Gastromone is gastric troubles including peptic ulcers, flatulent colic, flatulence, weak digestion, nervous dyspepsia. Gastromone is good for sprue and green diarrhoea of children and is useful in the treatment of severe gastro-intestinal affections.

As curative its indications are Gastro-intestinal affections in general and defective functioning of liver with low defensive mechanism, hyperacidity as well as hypoacidity with general weakness. Its action is bi-phasic depending upon the threshold reaction of the tissues.

Each tablet contains :

Revandchini (<i>Rheum webbianum</i>)	18 mg.
Balaharde (<i>Terminalia chebula</i>)	14 mg.
Saunf (<i>Foeniculum vulgare</i>)	14 mg.
Aunla (<i>Phyllanthus emblica</i>)	14 mg.

Dose : $\frac{1}{2}$ to 1 tablet for adults 10 to 20 minutes before or immediately after food.

GRANDI-CO

For heart troubles, irregular heart beat, slow or fast pulse rate, breathlessness on exertion.

COMPOSITION

Each tablet contains :

Arjuna (<i>Terminalia arjuna</i>)	104 mg.
Asgandh (<i>Withania somnifera</i>)	50 mg.
Punarnava (<i>Boerhaavia diffusa</i>)	120 mg.
Khurasani ajvayan (<i>Hyoscyamus niger</i>)	52 mg.

Grandi-Co is essentially a cardiac tonic. It gives tone to the cardiac muscle, regulates heart beat, and relieves palpitation and breathlessness within a few doses. Grandi-Co is free from cumulative or narcotic action, most valuable in functional disorders, palpitation, in dyspepsia and Graves' disease, and the milder form of angina.

Grandi-Co does not irritate the stomach. It increases muscular motor energy, raises arterial tension and strengthens pulse. It is useful for dropsy, being a diuretic, and in organic heart and renal affections.

Dose : $\frac{1}{2}$ to 1 tablet for adults three times a day, It may be given at frequent intervals for palpitation cardiac asthma, etc.

HEALAN

For Otorrhoea, Ulcers, etc.

COMPOSITION

100 g. contains :

Iodoform N. F.	2.29 g.
Alum I. P.	2.29 g.
Boric Acid I. P.	6.86 g.
Haldi (Curcuma longa)	6.80 g.

Indications : Healan is an antiseptic dusting powder, A combination of Iodoform, Alum, Boric Acid and Turmeric. When applied on wound surface, Iodoform breaks down and a slow and continuous liberation of Iodine takes place. The quantity liberated does not

irritate the wound but is enough to prevent the growth of micro-organisms. The powder diminishes the secretions and keeps the wound surface clean and dry. The combined fungistatic and bacteriostatic effect of the ingredients brings quick relief and rapid improvement in Otorrhoea. Satisfactory results are obtained when Healan is used as a foot powder. The powder is non-irritating and harmless even when used on delicate skins.

Application : It can freely be applied on wounds and ulcers. In chronic discharge of pus from the ear, pus is removed with dry cotton swab, the ear is loosely filled with Healan and plugged with loose cotton. The ear can be cleaned after one or two days, if not healed, the process can be repeated. A third filling is rarely required.

HEMO-PLEX

Antibacterial-Antitoxic-Prophylactic for treating or preventing infective conditions.

COMPOSITION

Each tablet contains :

Kiryat (<i>Swertia chirata</i>)	40 mg.
Salsa (<i>Hemidesmus indicus</i>)	60 mg.
Pila dhatoora (<i>Argemone mexicana</i>)	6 mg.
Madar (<i>Calotropis gigantea</i>)	32 mg.
Asgand (<i>Withania somnifera</i>)	40 mg.
Gandak	2 mg.

Indications : Inflammations and septic conditions. Hemo-Plex does not cause any untoward reaction whatsoever. It is effective even in chronic cases. Doctors have expressed favourable results with Hemo-Plex.

Puerperal sepsis. In septic fevers Hemo-Plex brings down the temperature. All pus forming diseases or diseases in which pus is likely to form; boils, abscesses, itch, eczema, ulcers, wounds, bronchitis, inflamed tonsils, etc., Hemo-Plex not only cures all septic and toxic conditions, but also prevents them.

Directions : The adult dose is $\frac{1}{2}$ to 1 tablet 3 times a day in toxic and septic conditions; every 3 to 12 hours in other cases, increasing interval and reducing dose as the patient improves. For children half of adult dose can be given. In urgent cases the dose may be doubled and gradually reduced as the case improves.

HERBAL BITTERS

For Sluggish Liver, Loss of Appetite, Habitual Biliousness, Constipation.

COMPOSITION

Each tablet contains :

Chirata (<i>Swertia chirata</i>)	55 mg.
Manjit (<i>Rubia cordifolia</i>)	50 mg.
Sana (<i>Cassia angustifolia</i>)	75 mg.
Saunf (<i>Foeniculum vulgare</i>)	15 mg.
Bhringraj (<i>Eclipta alba</i>)	30 mg.

Indication : Hepatic insufficiency, intestinal putrefaction and irregular bile flow. Herbal Bitters helps to stimulate the hepatic cells, producing an abundant flow of bile. It is indicated in gastro-intestinal inactivity in general and is beneficial in Malarial Subjects with enfeebled digestion and constipation.

Herbal Bitters corrects torpidity of the Liver, stimulates secretion in the stomach and intestines, cures habitual biliousness and at the same time removes constipation a combination of virtues that have proved valuable in chronic dyspepsia, jaundice and early cirrhosis of the liver.

Further details are as under : A deep investigation into the history of such cases as above reveal that the root cause is commonly what is known as SLUGGISH HEPATIC ACTIVITY. A past attack, and after effects of jaundice, malaria, influenza, typhoid, dysentery and the treatment thereof, may be the major reasons leading to sluggish hepatic functions.

Continuous use of Herbal Bitters revitalises the liver cells by virtue of the bitter principles of *Swertia chirata* and the active principles of *Rubia cordifolia* gradually drain out heavy toxin deposition by working as solvent for such pigments and thus combined effects of Sana and Saunf give it a fine cholagogue action leading into production of normal bile, and regeneration of hepatic function in all the aspects and thereby increasing duodenal digestion, appetite, and removing constipation; a combination of virtues so valuable in the treatment of infective jaundice, biliousness, flatulent dyspepsia and early Cirrhosis. Bhringraj is a tested remedy for liver and

spleen enlargements and in various chronic diseases affecting the liver. In combination with other drugs, as is presented in Herbal Bitters, Bhringraj is a quick and effective cure for catarrhal jaundice, derangement of liver and gall bladder, and also helps to tone up the liver. To prevent post hepatic syndrome, Herbal Bitters can be best employed in post therapy stage of jaundice to restore normal functional phenomenon after organic treatment is over but not as a sole therapeutic agent for the treatment of frank or catarrhal jaundice, and in advanced cases of cirrhosis. In case of poor assimilation power, a course of Herbal Bitters given 2 to 3 weeks prior to giving a tonic, serves as an anabolic agent, enhancing the results from the tonic, during convalescence. Thus it helps in convalescence, for a speedy recovery. Continuous use of Herbal Bitters improves digestion, and aids movement of bowels, and helps to set right the entire digestive system. Herbal Bitters also protects from probable hepatic damage as a result of prolonged treatment with oral anti-diabetic agents, broad spectrum antibiotics, sulpha drugs, synthetic tranquilizers and oral contraceptives etc.

Usual course for patients comprises of 3 weeks. During the 1st. week, an adult patient should be kept on a dose of 2 to 3 tablets B D, before meals. If constipation is complained of, a third dose can be taken at bedtime. During the 2nd and 3rd week, patients may be kept on a maintenance dose of only 1 tablet before each principal meal twice or thrice a day as is required, 1 tablet of Herbal Bitters can be regularly taken twice or thrice or every day, even in non-specific cases, and it does not harm the system, but on the other hand, keeps a person fit. Enough water is to be taken after each dose.

Herbal Bitters given with Kynotomine is a suitable treatment for jaundice. Herbal Bitters given with Magnine is a boon to dyspeptics having allied complaints of hyperacidity, neuro-gastritis etc., due to liver inactivity or sluggishness.

Herbal Bitters with Vital Essence is also good for migraine, dyspepsia, giddiness, sick feeling etc. and for nausea, vomiting sensation, bad odour in the mouth and foul breath etc. use only Herbal Bitters.

For children and infants, Herbal Bitters can be safely given regularly in doses $\frac{1}{2}$ tab. once or twice a day, as is found necessary. Honey or warm water is a vehicle while administering particularly to children and infants.

N. B.

1. Herbal Bitters can be used along with Allopathic Drugs.
2. It cannot be depended entirely in cases of advanced cirrhosis of liver. It may be used along with other medicines.
3. There is no contra-indication for these compounds as they are harmless.
4. There are no side effects.
5. They have no independent role in Hepatomegaly, Spleenomegaly, etc.

Presented in Sugar coated tablets

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COMMUNITY HEALTH CELL
47/1, (First Floor), St. Xavier's Road,

Dosage : One to two tablets half an hour before meals and breakfast. An additional dose may be taken at bedtime in case of obstinate constipation. Regulate dosage for children according to age.

HERBO-SULPH

For Itch, Ulcers, Eczema

COMPOSITION

Each tablet contains :

Gandak	22 mg.
Haldi (Curcuma longa)	32 mg.
Madar (Calotropis gigantea)	40 mg.

Indications : Herbo-Sulph is useful in cases of Itch, Ulcers, Eczema and other skin diseases. Calotropis has been described by various practitioners of Indigenous medicine as "Vegetable Mercury" due to its use in various skin diseases. This product is Remedy No. 8 of our Medicine Chest.

Administration : As a healing agent in Itch, Ulcers, Eczema etc., an ointment should be made with 1 part of Herbo-Sulph (Powdered) and 5 parts of vaseline or with our product 'Ripanto'. This ointment can be applied after washing parts with warm water and drying with soft cloth.

Internally : $\frac{1}{2}$ to 1 tablet for adults three times a day can be used as a blood purifier in cases of all above mentioned skin diseases.

HORMOPIRIN

For Inflammatory and Catarrhal conditions, Rheumatism, Neuralgic pains and Aches.

COMPOSITION

Each tablet contains :

Paracetamol B. P.	110 mg.
Quinine Sulphate I. P.	8 mg.
Salicylamide N. F.	125 mg.
Arusha (<i>Adhatoda vasica</i>)	16 mg.
Gulanha (<i>Tinospora cordifolia</i>)	30 mg.
Madar (<i>Calotropis gigantea</i>)	4 mg.

Hormopirin by virtue of its containing a judicious combination of chemicals and herbs acts as an antipyretic and analgesic in a variety of diseases. Paracetamol has an analgesic and antipyretic action similar to Aspirin but the allergy sometimes observed with Aspirin is avoided by use of Paracetamol. In the treatment of various forms of pain such as headache, toothache, rheumatism, neuralgia, pains due to flu, bronchitis, colds etc., it is given orally three to four times a day without any ill effects.

Salicylamide : This substance, the amide of salicylic acid though known for more than a century, has only comparatively recently come into usage as medicine. It is favourably reported for its analgesic, antipyretic and antirheumatic effects. Its mode of action differs entirely from that of salicylates, since it is hydrolysed only to a

slight extent in the alimentary canal but its depressant effect on the Central nervous system, is as good or better than that of aspirin, and other analgesic and antipyretic drugs. It is reported to be as effective or more so than salicylates in the treatment of rheumatism.

The small quantity of **quinine**, while not meant as an antimalarial dose, exerts good diaphoretic action and enhances the antipyretic effect of the above mentioned drugs.

Vasica is a reputed drug for its expectorant action and as such is useful in bronchitis and several other affections of the nasopharyngeal tract. It is much used in fever with cough, and cough with pain in the sides.

Madar has great reputation in ayurveda as an alterative, tonic, antispasmodic and expectorant and as an antiperiodic and diaphoretic in intermittent fevers, which it cures more rapidly than quinine. It possesses good effect in Chronic rheumatism, being given suspended in mucilage and water. Thus, Hormopirin is a valuable combination of herbs and chemicals which is useful in a variety of diseases like bronchitis, influenza, tonsillitis, arthritis, various affections of the nasopharyngeal tract, neuralgic pains, habitual headache of obscure nature, catarrhal complaints, rheumatism and rheumatic fever. It is recommended in fevers, as a symptomatic relief due to any cause. It is recommended as a safe analgesic and antipyretic which even on prolonged use does not cause any untoward effects.

Dose : One tablet three times a day for adults, and $\frac{1}{2}$ to 1 tablet for children.

IOBINE

Fortifies constitution against frequent attacks of cold, tonsillitis, relieves skin allergies and is useful in chronic venereal diseases.

COMPOSITION

Each tablet contains :

Brahmi (<i>Hydrocotyle asiatica</i>)	40 mg.
Chirata (<i>Swertia chirata</i>)	40 mg.
Gandak	7.2 mg.
Salsa (<i>Hemidesmus indicus</i>)	140 mg.

Brahmi, Salsa or Sarsaparilla and Kiryat (chirata) act synergistically and exercise maximum therapeutic effect. Sarsaparilla has great reputation for ages in the treatment of many skin affections and as a blood purifier. The compound is particularly indicated in general debility with loss of bodyweight. Iobine is a valuable tonic and blood-purifier. Its regular use removes discoloration of the skin.

Iobine is useful in hepatic dysfunction and syphilitic affections. It is indicated in anaemia. Iobine is available in the form of tablets and injectable. Simultaneous use of "ALBO-SANG" as a general tonic brings relief speedily in all the above cases.

Dose : $\frac{1}{2}$ tablet for an adult, $\frac{1}{4}$ for children three times a day. Injectable $\frac{1}{4}$ ml. for Children, 1 ml. for adults, every 24 hours.

IOQUIN**for Malaria****COMPOSITION**

Each tablet contains :

Kalimirchi (<i>Piper nigrum</i>)	7.6 mg ,
Nim (<i>Melia azadirachta</i>)	18 mg.,
Kiryat (<i>Swertia chirata</i>)	38 mg ,
Kalikatuki (<i>Helleborus niger</i>)	3.8 mg.,
Quinine Sulphate I. P.	26.66 mg.

Indications : Ioquin is a remedy for Malaria. Chirata, Kalikatuki, Nim and Kalimirchi are renowned febrifuge drugs, combined together they not only act as a useful anti-periodic, but the bitters serve as a mild cholagogue, stomachic and tonic. According to Fleming and Nadkarni "Chirata possesses stomachic, febrifuge and antidiarrhoeic virtues." This is of particular importance in cases of malaria and more so in those patients who are exposed to frequent attacks.

The oldest specific antimalarial drug, Quinine, is still the drug of choice in the therapy of malaria. Ioquin contains only a small quantity of Quinine Sulphate, whose effect is enhanced by the special process of manufacture as explained under Introduction. Toxic effects, such as cinchonism, are thereby avoided. This product is the Remedy No. 2 of our Medicine Chest.

Adult Dose : $\frac{1}{2}$ to 1 tablet every 4 hours
Children $\frac{1}{2}$ tablet.

Prophylaxis : In malarial areas during the wet season, one dose daily at bedtime has proved to prevent an attack.

For hypodermic administration Iloquin is available in the form of 1 ml. ampoules.

KOFLOZAN

**for Laryngitis, Pharyngitis and
also Nasopharyngitis**

COMPOSITION

Each Lozenge contains :

Ext. Glycyrrhiza Conc (1:5)	10.0 mg ,
Ext. Vasaka Conc (1:7)	10 0 mg.,
Oil Eucalyptus	0.0015 ml.,
Camphor	0.1 mg.,
Menthol	5 0 mg.,
Thymol	0.1 mg.

Koflozan is an antiseptic medicine useful in soreness of throat and infections of the Pharyngeal tract. It contains various soothing and antiseptic agents which relieve the discomfort and cure the infection effectively.

Liquorice (Glycyrrhiza) is a mild expectorant and demulcent and is a household remedy for Cough and Bronchitis and is an essential ingredient of Cough Lozenges. It exerts its maximum action in the alkaline medium of the mouth.

Menthol and Eucalyptus Oil are proved remedies for nasal and bronchial catarrh. Thymol is a bactericide of higher potency than Phenol.

All the above in combination have got a soothing and beneficial action on the throat and also effectively combat infections of the Pharyngeal tract.

Camphor produces an expectorant action by acting reflexly on the membrane of the stomach and is useful as a remedy in Cough.

Vasaka (used in its extract and concentrated form) is useful in acute bronchitis especially where the sputum is thick and tenacious and also in chronic bronchitis as it helps to liquefy the sputum so that it is brought up more easily.

Dose : One lozenge to be chewed in the mouth every 3 or 4 hours.

KOFLYN

for Coughs

COMPOSITION

Each tablet contains :

Arusha (<i>Adhatoda vasica</i>)	90 mg.
Dudhi (<i>Euphorbia pilulifera</i>)	20 mg
Huma (<i>Ephedra gerardiana</i>)	60 mg.
Jethimadh (<i>Glycyrrhiza glabra</i>)	140 mg.
Meradu (<i>Polygala chinensis</i>)	20 mg.
Nala (<i>Lobelia nicotianaefolia</i>)	10 mg.

Indications : All inflammatory affections of the respiratory tract, coughs, catarrh, laryngitis and bronchitis. Also useful in relieving irritable dry cough and spasmodic cough.

The above indigenous herbs are renowned expectorants and pulmonary antiseptics. Huma and Arusha are useful in dry hacking cough owing to their antispasmodic and sedative action. Koflyn is safe and effectual. It loosens and liquefies bronchial secretion and promotes easy expectoration. Thus, it relieves irritation as a result of which cough spasms are reduced.

Dose : $\frac{1}{2}$ to 1 tablet, for an adult, three times a day. For children regulate dose according to age.

KYNOTOMINE

For Jaundice

COMPOSITION

Each tablet contains .

Revandchini (<i>Rheum webbianum</i>)	20 mg.
Gandak (Sulphur)	4.4 mg.
Balaharade (<i>Terminalia chebula</i>)	10 mg.
Kal'ikatuki (<i>Helleborus niger</i>)	28 mg.
Punarnava (<i>Boerhaavia diffusa</i>)	50 mg.
Bhringraj (<i>Eclipta alba</i>)	36 mg.

Kynotomine acts chiefly on the liver. It exerts a mild antiseptic action on the biliary tract and clears all signs and symptoms of catarrhal jaundice within a few days.

Revandchini is a cathartic and its aperient properties render it valuable in atonic dyspepsia. Gandak increases bile and acts as a laxative and alterative. Balaharde is useful in cases of enlarged liver. Kalikatuki is a hydragogue cathartic and enhances the action of the above ingredients. Punarnava is a well known diuretic and gives relief in oedema and dropsy, due to various causes. It is particularly useful in ascites caused by early liver, peritoneal and kidney conditions. Bhringraj (*Eclipta alba*) is a tested remedy for derangements of liver and gall bladder and a popular liver tonic. It acts as a cholagogue and flushes the ducts with healthy bile and is a unique hepatic tonic and deobstruent. By virtue of the above properties it is mainly prescribed in cases of jaundice especially catarrhal jaundice which it cures in about a week. It is widely used in indigenous medicine as relief in jaundice and even in acute cases associated with fever it is found to give relief. Herbal Bitters thrice a day can be continued for a fortnight after jaundice is cured to tone up the liver and increase the appetite of the patient.

Dose : 1 tablet for adults 3 times a day, for children according to age.

Presented in Sugar Coated tablets.

MAGNINE

For Hyperacidity, Gastric and Duodenal Ulcer, Bili-
ousness, Flatulent Dyspepsia, Sick Headache, Heartburn,
Nervous Dyspepsia.

COMPOSITION

Each tablet contains :

Magnesium Trisilicate U. S. P.	250 mg.
Dried Alum. Hydrox. Gel I. P.	125 mg.
Ext. Belladonna Dry I. P.	5 mg.

Pharmacology : Antacid therapy has undergone important changes in recent years, resulting in greater preference for absorbent and long acting antacids over the older frank and quick ones, like carbonates, oxides, and buffer salts. An ideal antacid itself remaining neutral in aqueous suspension, should be an insoluble, bland substance capable of neutralising acid, without liberating carbon dioxide, (non-absorbable in property), thereby not disturbing the acid/base balance of the body and should neither have laxative nor constipating effect

Magnesium trisilicate becomes gelatinous in water and by interaction with Hydrochloric acid, releases Magnesium chloride and Hydrated silicic acid, The latter also possesses valuable antacid properties, thus prolonging the action of the drug.

Aluminium Hydroxide gel is about the most ideal antacid and meets the essential requirements i. e., no evolution of carbon dioxide, no alkalisation of the stomach contents, no systemic alkalosis, having at the same time, the benefit of prolonged action.

Ext. Belladonna Dry acts complementary to the above ingredients in Hyperchlorhydria, Hyperhydrosis, by decreasing the abnormal secretions of the stomach glands. It also reduces the excessive motility of the smooth muscles of the stomach which is of particular value in peptic ulcer.

Dosage : Two tablets, 2 hours before or immediately after food. Children one tablet.

Chew the tablet before swallowing

MEDITAB

For Chronic Coughs with Debility

COMPOSITION

Each tablet contains :

Arusha (<i>Adhatoda vasica</i>)	60 mg.
Lasun (<i>Allium sativum</i>)	0.7 mg.
Nala (<i>Lobelia nicotianaefolia</i>)	48 mg.
Dudhi (<i>Euphorbia pilulifera</i>)	26 mg.
Kapardika Bhasma (Calcined cowries)	7 mg.

Indications : It is an effective expectorant. It helps to liquefy phlegm and is a reliable antiseptic. Indicated in chronic cough—for acute complaints use Kofflyn. It is particularly intended for chronic bronchitis. In tuberculosis give small doses in a teaspoonful of milk or a little honey. It is also good for cough in Asthmatics. When the cough is harassing and spasmodic use Dagine and Desma alternately. Use Rubzon or Chesol every few hours, applying on top dry moist fomentation if convenient.

Dose : $\frac{1}{4}$ to $\frac{1}{2}$ tablet for adults twice or thrice a day. It is best given in a little honey or milk.

MEDICATED TOOTH POWDER

Is an ideal Dentifrice. It checks gingivitis and soothes spongy gums.

Its regular use prevents pyorrhoea because it keeps the teeth clean, makes them strong and does not allow germs to thrive. It keeps teeth absolutely safe. Use this powder with finger preferably, as this process gives the necessary massage to the gums and then brush the teeth if you please inside and outside. Do not rinse the mouth for say 5 to 10 minutes. It is advisable to use the Tooth Powder at bedtime and first thing in the morning.

Note :— This Medicated Tooth Powder checks Pyorrhoea but it does this work steadily and in time. When, therefore, there is much pus use Entrops at say bedtime and this removes the pus very speedily. There are instances of all the teeth being full of pus, absolutely cleared within 3 to 5 weeks with Entrops used morning and night.

MERSINA

For Diabetes

COMPOSITION

Each tablet contains :

Merasingi (<i>Gymnema sylvestre</i>)	48 mg.,
Jaman (<i>Syzygium cumini</i>)	41 mg.,
Tarwara (<i>Cassia auriculata</i>)	41 mg.,
Gulanha (<i>Tinospora cordifolia</i>)	32 mg.,
Karela (<i>Momordica charantia</i>)	52 mg.

Mersina is an antidiabetic preparation consisting of various herbal ingredients. In most cases of diabetes it produces a fall in blood-sugar and improves carbohydrate metabolism. It is effective and perfectly safe.

The usual dietetic restrictions should be followed as prescribed by the physician. The patient should be advised to have urine examined regularly. A check on the blood-sugar may be maintained from time to time.

The dosage varies with each individual. It is observed that after a continued use of Mersina for a period of two or three months, the dosage may be reduced considerably. A check on the urine report is essential and should be recorded regularly.

The action of Mersina also improves the hepatic function, helps to tone up the system and combat exhaustion effectively. It conduces to a sense of wellbeing. Besides, the oral administration of the tablets of Mersina make it convenient and simple to treat diabetics.

Mersina is reported to be satisfactory in most cases of diabetes. In cases of long standing diabetes undergoing treatment with insulin, Mersina may be given combined for a few weeks before it replaces insulin partially or completely. It is advisable that the switch over to Mersina be made with a check on the urine report.

While the use of Mersina is harmless: its hypoglycaemic action may be slow in certain types of diabetes. It is not recommended in severe juvenile diabetes, treatment of Ketosis and emergency cases.

Dosage : 2 to 4 tablets, three times a day. It is best taken half an hour before the principal meals, and a third dose either in the morning or night.

Initially large dosage may be necessary if the blood-sugar is high, i. e., 4 tablets three times a day. This should gradually be reduced to a maintenance dose sufficient to render the urine sugar-free.

NERVO-PLEX

For nervous disturbance. Available in injectable form only.

COMPOSITION

Each ml. represents :

Balatagra (<i>Valeriana wallichii</i>)	0.01 mg.
Methi (<i>Trigonella foenum graecum</i>)	0.6 mg.
Asgandh (<i>Withania somnifera</i>)	0.5 mg.
Preservative Phenol I. P.	0.5%

Indications : It is useful in neurasthenia, sleeplessness, mental depression, nervous tension and anxiety neurosis. Balatagra relaxes the mind by exerting a mild sedative action.

Nervo-Plex assists in the treatment of nervous debility in persons of a worrying and irritable nature, hysteria and emotional instability.

Nervo-Plex renders excellent service in spasmodic affections such as colic, asthma and spasmodic coughs. It is also useful in neuralgic aches and pains.

Administration : The adult dose is 1 ml. subcutaneously once every 24 hours. The interval may be increased to 4 days as the patient improves.

NEVOSS

For nervous affections originating in acts against nature and in acts above the forces of Nature.

COMPOSITION

Each tablet contains :

Khurasani Ajwayan (<i>Hyoscyamus niger</i>)	24 mg.
Asgandh (<i>Withania somnifera</i>)	64 mg.
Dhatura (<i>Datura metel</i>)	4 mg.
Jaiphal (<i>Myristica fragrans</i>)	0.8 mg.

Indications : Nervous weakness, nervous breakdown, due to excessive mental or physical strain, over-work in all forms, sorrows or sudden joys, emotional out-bursts, excessive drinking, etc.

In profuse Urination Nevoss reduces frequency. Good for Diabetes Insipidus.

Spermatorrhoea, primarily due to anxiety and low vitality, abnormal sexual inclinations and desire.

Dose : $\frac{1}{2}$ to 1 tablet for adults every 3 to 4 hours. Nevoss is best taken with milk

OLOSYN

For affections of the Nervous system. For external Use only.

COMPOSITION

Each 100 g. contains :

Gajga (<i>Caesalpinia bonduc</i>)	2 g.
Bhangra (<i>Eclipta erecta</i>)	2 g.
Nim (<i>Melia azadirachta</i>)	2 g.

Used as Hair Oil and massaged with fingertips well into the scalp, an hour or two before bedtime, it induces sound sleep. Olosyn controls nervous agitation and emotional disturbances by exerting a mild sedative action. Obscure pains and aches of nervous origin, particularly in the head, are generally relieved.

Olosyn is useful in the treatment of Epilepsy, Hysteria, and nervous prostration. Instil a few drops into the ears besides application to the scalp, once a day, provided there is no perforation of the eardrum.

Olosyn is an extract in oil of the leaves of Bonduc, Eclipta and Nim, the combined properties of which are beneficial by external application and massage. It may be used as body massage in the proportion of 1 in 5 to 10 of any edible oil for children and adults before bath, once a week. Olosyn is a soothing tonic to the muscles and nerves and heals chronic skin conditions. It is useful in abnormal loss of hair, localized or generalized.

PHENOCALCINE

An Antipyretic and Analgesic

COMPOSITION

Each tablet contains :

Salicylamide N. F.	200 mg.
Quinine Sulphate I. P.	8 mg.
Javkhar (Pot. Carbonas impura)	4.8 mg.
Dhatara (Datura metel)	10 mg.

Phenocalcine is indicated in a variety of common complaints such as headache, neuralgia, rheumatism, fibrositis, arthritis, earache, toothache, muscular pain, and aches due to any inflammatory condition. It brings immediate relief from pain without fear of undesirable after-effects.

Phenocalcine is particularly useful in Influenza. Salicylamide reduces temperature and alleviates muscular pain and headache. Javkhar possesses great alterative properties and greatly helps to enhance the efficacy of Phenocalcine. The dosage is thereby considerably reduced.

Phenocalcine is also useful as an antipyretic in coryza and other febrile conditions. It is harmless and can be given to young and old. In the case of highly nervous or excitable patients, it may be combined with Vital Essence profitably as a routine adjunct. In very painful conditions we recommend Decil, a more potent compound, in place of Phenocalcine.

Adult Dose : $\frac{1}{2}$ to 1 tablet three times a day. For children according to age.

PIPARID

For Roundworms and Threadworms

Each tablet contains :

Piperazine Phosphate B. P.	250 mg.
Ext. Senna (1 : 7)	10 mg.

Piparid is a powerful anthelmintic and is effective against thread worms and round worms.

Piperazine satisfies to a large extent all the conditions of an ideal Anthelmintic, like safety, efficacy, taste, simplicity in administration and low cost. It has specific action and is very effective for round worms and thread worms.

For the treatment of round worm infestations a single dose after the evening meal is sufficient to narcotise the worms which are expelled with the next stool. Narcosis of the round worms takes about five hours to develop and worms at all stages of maturity in the gut are affected. The fact that piperazine does not stimulate the worms to muscular activity makes it the safest drug available for heavy infestations. If the patient has normal bowel movement a purgative is not necessary. If the patient is constipated a purgative should be given so that the worms are expelled before the effect of the drug wears off. The drug can be given in case of heavy infestation of round worms or thread worms up to a maximum period of one week under the direction of a physician.

Piperazine is successfully given by mouth to children suffering from partial intestinal obstruction caused by round worms. It has been used to obviate the danger of perforation by round worms in typhoid fever.

A new use, originating in France of piperazine and its salts is in the treatment of pin worm and round worm infestation, the currently preferred dosage schedule calls for administration of piperazine daily for three weeks with no drug given during the second week (i. e. a gap in the second week after which it may be continued for a further week if found necessary).

The inclusion of Ext. Senna obviates the use of any additional purgative. A single thorough evacuation is usually produced. Senna speeds the passage through the caecum and ascending colon by diminishing the normal antiperistaltic waves in this area resulting in decreased absorption of water and thereby a bulkier and softer faecal mass is produced.

Thus Piparid which is a combination of an ideal anthelmintic and Senna Ext., is effective in a wide variety of infections by worms and can be prescribed with confidence in cases of round worms, thread worms etc., in children and adults.

Dosage : 2 to 4 tablets daily for adults. One to two tablets for children according to age. The duration of the treatment is to be determined by the physician.

RASGENT

Is indicated in conjunctivitis. Unlike other eye drops it gives a very cooling sensation, clears up the eyes, rapidly cures congestion, inflammation, pain, and is beneficial in eye troubles.

COMPOSITION

Each 100 g. contains :

Raskapur	1.1 g.
Phitikhari (Alum)	1.1 g.
Namak (Sodium Chloride)	3.4 g.

HOW TO USE IT. Dissolve 1 to 2 grains in a teaspoonful of boiled water and put a few drops into both eyes 2 to 3 times a day. Rasgent must be put not only in the affected eye but also in the other as both eyes work sympathetically. A dose may be given internally at bed time.

Indications for oral administration of Rasgent are Pimples, Boils, Itch, Inflammation of throat, Infective diarrhoea.

Abscess—One dose of Rasgent may suffice to abort abscess; if there is no improvement give another dose after 4 to 6 hours and do not repeat unless the improvement stops.

Remedy Numbers : These 8 Remedies constitute the People's Medical Service—see Special leaflet headed "A Complete Dispensary". They are named as follows:

Remedy No. 1, Sal Phos. No. 2, Iloquin. No. 3, Diasyn.
No. 4, Fluzen. No. 5, Koflyn. No. 6, Phenocalcine.
No. 7, Vital Essence, No. 8, Herbo Sulph.

REMORIN

Is indicated in acute and chronic Rheumatism, Lumbago, Arthritis, Sciatica, Neuralgia. It is also useful for the relief of headaches and obscure pains and aches anywhere in the body. In between injections, the oral administration of Hormopirin is recommended. In injectable form only.

COMPOSITION

Each ml. represents :

Kiryat (<i>Swertia chirata</i>)	0.29 mg.
Dhatura (<i>Datura metel</i>)	0.25 mg.
Rauwolfia (<i>Rauwolfia Serpentina</i>)	0.03 mg.
Kurchi (<i>Holarrhena antidysenterica</i>)	0.01 mg.
Preservative Phenol I. P.	0.5%

The combined virtues of Kiryat, Dhatura, Serpentina and Kurchi render Remorin a dependable, safe and effective remedy as a mild nervine sedative, antirheumatic antispasmodic and antipyretic.

Remorin possesses alterative properties and thereby acts as a tonic in cases of general debility, nervous exhaustion and loss of muscular energy.

Dose : For adults 1 ml., every 24 hours. For childre naccording to age.

RIPANTO

For Burns, Itch, Ulcers, Eczema, Scalds, etc. For external use only.

COMPOSITION

Each 100 g. contains :

Oleum Lini	33.6 g.
Oleum Sesami	8.8 g.
in a Beeswax base.	

Ripanto is an excellent ointment with soothing and pain-absorbing properties. It possesses great antiseptic and healing properties. It is particularly useful in the following conditions :

Burns and Scalds : Apply liberally on the affected parts. Its prompt application acts as a soothing agent, thus preventing pain and distress. Ripanto serves as a good emollient application, which should be repeated morning and night until the affected parts are healed.

Itch, Ulcers, Eczema, Bed-sores, etc: Apply morning and night after washing parts with warm water and drying with a soft cloth. For fresh cuts and wounds apply Ripanto and bandage. Being a dependable antiseptic, it prevents the possibility of sepsis.

Ripanto softens Corns which eventually disappear. Similarly it keeps skin soft and removes black-heads on face, etc. Massage the face lightly at night with a little Ripanto.

For hard and rough palms and soles of the feet apply Ripanto regularly at bed-time. It makes the skin soft and smooth by virtue of its soothing emollient properties.

Oleum Lini and Oleum Sesami contained in Ripanto are valuable oils and possess great properties of healing in the above conditions. They make a good emollient and demulcent application. Ripanto is recommended for local application in Piles at bed-time and orally Spolax.

RUBZON

For Colds, Aches and Pains

(For external use only)

COMPOSITION

100 g. contains :

Menthol I. P.	5 g.
Camphor I. P.	10 g.
Eucalyptus Oil I. P.	2.5 ml.
Turpentine Oil I. P.	2.5 ml.
Methyl Salicylate I. P.	5 ml.
Paraffin Base	q. s.

Rubzon is an excellent therapeutic combination of well known ingredients. Its specially prepared Petrolatum and Lanolin base makes its action prolonged, safe and highly effective. It is easy to apply, penetrates deeper and does not stain the skin or clothes. When applied to nostrils it alleviates COLD and COUGH and eases the sense of oppression in the chest. It gives quick relief in HEADACHE. Inhalation of vapours from a mixture of boiling water and Rubzon gives good results in BRONCHITIS. Massage of Rubzon in SPRAINS and all muscular PAINS AND ACHES is highly effective.

Rubzon is particularly useful in Rheumatic pains, Sciatica, Lumbago, Neuralgia.

Keep Rubzon always handy for quick, economic and safe treatment.

SAL PHOS

For Loss of Appetite and Digestive Disorders

COMPOSITION

Each tablet contains :

Revandchini (<i>Rheum webbianum</i>)	36 mg.
Balharde (<i>Terminalia chebula</i>)	28 mg.
Jeera (<i>Cuminum cyminum</i>)	4 mg.
Sonth (<i>Zingiber officinale</i>)	8 mg.
Chitrak (<i>Plumbago zeylanicum</i>)	32 mg.
Kanphul (<i>Taraxacum officinale</i>)	52 mg.

Indications : SAL PHOS is indicated in loss of appetite, stomachache, biliousness, flatulence, diarrhoea or constipation, Fermentative disorders of digestion

Dyspepsia of any origin. Prevention and treatment of disorders of the entire process of digestion and of their sequelae.

Description : SAL PHOS is a combination of reputed indigenous herbs. The ingredients act as a stomachic, mild cholagogue and valuable carminative. The compound possesses the properties of a bitter tonic, sialagogue and digestant. Its regular use checks biliousness and corrects habitual constipation.

SAL PHOS stimulates gastric secretion. Both, adults and children tolerate SAL PHOS very well, even with prolonged treatment. It cures indigestion by toning up the digestive system. It is thus a digestive tonic.

Dosage : $\frac{1}{2}$ to 1 tablet after meals, in case of digestive troubles. For loss of appetite it is best taken a little before meals. The dose for children may be regulated according to age.

For digestive disorders infants, we recommend our gripe mixture "BIO-SAL".

SENZINE

For Impotencia Neurasthenica and nervous debility. It is a reliable tonic and restorative in sexual insufficiency. Senzine is not an excitant, but a mild sedative, gives natural stimulation and restores lost forces.

COMPOSITION

Each tablet contains :

Sonth (<i>Zingiber officinale</i>)	8 mg.
Asgandh (<i>Withania somnifera</i>)	28 mg.
Lasun (<i>Allium sativum</i>)	0.2 mg.
Pila Dhatoora (<i>Argemone mexicana</i>)	0.8 mg.
Gokhru (<i>Tribulus terrestris</i>)	96 mg.

The compound renders **Senzine** a suitable **nervine tonic** and helps to act as a mild aphrodisiac. It is a valuable alterative and restorative in sexual insufficiency.

Administration : **Senzine** is best given one hour before meals and at bed-time. The dosage is as follows.

As a sedative and restorative one tablet an hour before every meal. As sexual stimulant 1 to 2 tablets three times a day.

SKINMENT

For Ringworm, Foot Itch, Psoriasis and other Parasitic diseases of the skin.

COMPOSITION

Each 100 g contains :

Benzoic Acid I. P.	2 g.
Salicylic Acid I. P.	4 g.
Ichthammol I. P.	8 g.
Dithranol I. P.	0.22 g.
Sulphur Sublim. I. P.	2.29 g.
Paraffin Base	Q. S.

Benzoic and Salicylic acids have marked bacteriostatic and fungistatic properties even in very small concentrations and have been long in use for treatment of various skin diseases. Whitefield ointment which contains these ingredients in a paraffin base is a pharmacopoeial product and is widely used in dispensaries and hospitals for various infections of the skin.

In addition to the above, Skinment contains three more active ingredients i. e., Sulphur, Ichthammol and Dithranol which are widely used for various parasitic skin diseases like ringworm, itch, eczema etc. Sulphur content of Ichthammol is a mild antiseptic and parasiticide and is specially useful in treatment of chronic skin diseases. Special mention must be made of Dithranol, a potent skin antiseptic and fungicide valuable especially for ringworm and chronic dermatoses and psoriasis. It has an exact chemical composition and is very effective in minute doses thus replacing the older remedy chrysarobin (Goa powder) to which it is superior in all respects.

Thus, Skinment is a powerful combination of five ingredients having wide bactericidal and fungicidal properties and is used with success in various skin diseases of immediate or chronic nature like ulcers, ringworm, itch, eczema, psoriasis etc. In addition it has the virtue of being non-irritant and does not harm the skin. The absorbing base into which the ingredients have been incorporated makes penetration to the site of infection easy, and quick relief is assured.

Directions : Rub gently over the affected parts at night and wash off in the morning. This process may be repeated till the skin is completely normal. In stubborn skin affections like Ringworm and Foot Itch (mycotic infection) the Ointment may be applied twice a day after washing and drying the parts thoroughly. Cleanliness and general health should receive attention. Use of Carbolic soaps should be avoided.

Other Uses : Eczema, Pruritus, Lupus, Pityriasis, Acne, Chronic itch, Indolent ulcers, Alopecia.

SPOLAX

(Granules for Constipation and Piles)

Strengthens the digestive organs, promotes proper evacuation and expels "toxins".

COMPOSITION

100 g. contains :

Sana (<i>Cassia angustifolia</i>)	3 g.,
Saunf (<i>Foeniculum vulgare</i>)	1 g.,
Spogel (<i>Ispaghulae testa</i>)	80 g.
in a sweetened and flavoured base.	

Constipation in persons of regular habits is due primarily to intestinal inactivity which in turn is invariably due to enfeebled digestion, want of necessary bulk due to insufficient intake of food, liability to irritations with the slightest indiscretion in eating and want of expulsive power.

Spolax just meets these conditions. It stimulates digestion, supplies ballast, lubricates the intestinal canal and imparts physiological stimulus to the lower bowel, thus aiding painless evacuation of soft stools. Straining at stool is always undesirable, particularly so, in high blood pressure. This is avoided by the use of Spolax.

Spolax is especially suited to persons whose constipation is due to low vitality, enfeebled digestion, nervous dyspepsia, nervous disturbances, sedentary habits, mental occupations and to elderly and old people in general. Spolax swells in the intestines by water absorption, moves the bowels absolutely in the order of nature, creates healthy appetite and removes the "blues".

Spolax affords immediate relief to sufferers of Piles. Spolax aids the proper functioning of the liver, acts as a cooling agent to the system and in small doses is useful in dysentery and spasmodic coughs.

How to use: : One to three teaspoonfuls of the granules followed by a glassful of water 2 hours or more before the evening meal or at bed-time. In stubborn cases use 1 teaspoonful 2 hours or so before the noon and night meals. This moves the bowels the next morning. The dose may be increased or decreased according to individual requirements.

SULFASEN

For infection and septic conditions

COMPOSITION : Each ml. represents : Madar (Calotropis gigantea) 0.01 mg., Sulphanilamide I. P. 5 mg., Preservative Phenol I. P. 0.5%.

INDICATIONS : Erysipelas and treatment of wounds and abscesses, Bronchitis, Tonsillitis, Pharyngitis, Infections of the throat and ear in general, Sinusitis and Intestinal and urinary tract infections :

THERAPEUTIC NOTES OR PROPERTIES :

Sulfasen is a safe and reliable antibacterial remedy. The results of Sulfasen are good in infections of the respiratory system and intestinal tract. In urinary tract infections the response is very favourable and this drug provides the best safeguard against urinary tract damage due to Crystalluria, due to its high solubility, alkaline pH and low dosage.

Owing to the low dosage there are virtually no side effects even after prolonged and continuous administration for therapeutic or Prophylactic purposes. Madar acts as a complement to Sulphanilamide and is very much in vogue in indigenous system for syphilitic infections, and treatment of wounds in general, being designated as vegetable mercury for its quick and prompt action. It also reduces the allergic reactions and sensitization phenomenon of Sulphanilamide, thus rendering Sulfasen one of the safest remedies for treating infections and septic conditions.

Side effects : Nil in recommended doses.

Dosage : $\frac{1}{4}$ ml. for children, 1 ml. for adults every 24 hours. As the condition of the patient improves the interval between injections can be longer.

(Hemo-Plex and Iobine can be administered orally simultaneously.)

TAXINE

For habitual constipation and Hepatic

Insufficiency

COMPOSITION

Each tablet contains :

Ext. Cascara Sagrada B. P.	
(Rhamnus purshianus)	48.6 mg.,
Sana (Cassia angustifolia)	81 mg.,
Phenolphthalein I. P.	100 mg.,
Kaladana (Ipomoea hederacea)	16.2 mg.,

Indications : TAXINE is useful in cases of bilious attacks (sick headache), chronic cholecystitis and intestinal auto-intoxication. The addition of Cascara is particularly valuable in toning up the musculature of the intestinal wall. TAXINE is thereby rendered non-habit forming

Purgation by TAXINE does not cause subsequent constipation. In habitual constipation it helps the bowels to

move naturally, normally and regularly. **TAXINE** imparts healthy stimulation to the liver and other digestive organs.

TAXINE is peach-flavoured and pleasant to take. It may be given to children, and is an ideal laxative during pregnancy.

Dose : Adults 1 to 2 tablets, Children $\frac{1}{2}$ to 1 tablet, to be adjusted according to requirements and reduced as the bowels begin to move normally. It may be taken at bed-time or two hours before the night meal.

TURAI-CO

A Safe and Effective Diuretic and Urinary Antiseptic

COMPOSITION

Each tablet contains :

Turai (<i>Luffa amara</i>)	5 mg.,
Kababchini (<i>Cubeba officinalis</i>)	28 mg.,
Punarnava (<i>Boerhaavia diffusa</i>)	88 mg.,
Gokhru (<i>Tribulus terrestris</i>)	84 mg.,
Kanphul (<i>Taraxacum officinale</i>)	56 mg.,

INDICATIONS : Turai-Co stimulates the mucous membrane of the kidneys and genito-urinary passages. It is a safe and useful diuretic and has valuable antiseptic properties. The compound exerts a mild sedative action on the urinary passages and is thus helpful in painful and difficult micturition. It is also useful in inflammation of the urinary passage.

PHARMACOLOGY : Turai is a powerful diuretic and hepatic tonic, increases biliary secretions and tones up the kidneys and related organs. Kababchini is a stimulant to mucous membrane of the genito-urinary tract. In Ayurveda it is highly used as an expellant of gravel and stone from the kidney and bladder. Its antiseptic action is evident in gonorrhoea, leucorrhoea and chronic diseases of the genito-urinary organs.

Punarnava is a well tried diuretic drug whose major constituent, potassium nitrate, accounts partly for its diuretic action. It also contains a small percentage of alkaloid which is also responsible for its therapeutic activity. It acts on the glomeruli of the kidneys through the heart and raising the peripheral blood pressure in consequence. It has very good action on oedematic swellings. Oedema and dropsy due to unknown causes respond very well to this drug. In cases of ascites due to early liver and peritoneal conditions the drug is very beneficial and is a boon in ascites associated with weakness of heart as it relieves the circulation through peripheral action on the kidney.

GOKHRU : Whole plant and dried spiny fruit are esteemed as cooling, demulcent and diuretic and is specially useful in inflammatory conditions of the urinary passages, cases of Bright's disease with dropsy deriving maximum benefit. An electuary prepared from the drug is highly recommended in Ayurveda in painful micturition, suppression of urine and calculus affections.

KANPHUL : The drug is useful as a cholagogue, diuretic and a valuable hepatic stimulant especially in

chronic diseases of the liver. It is recommended in dyspepsia, jaundice, dropsy and calculus disorders.

The above combination is not only an effective diuretic but also stimulates the mucous membrane of the kidneys and genito-urinary passages. In addition it is also a useful disinfectant and exerts a mild sedative action the urinary passages and gives relief in painful and difficult micturition.

DOSAGE : $\frac{1}{2}$ to one tablet for an adult, three times a day.

VITAL ESSENCE

An antispasmodic and mild sedative

COMPOSITION

Each tablet contains :

Chotachand	20.0 mg.,
Balatagra	120.0 mg.,
Asgandh	80.0 mg.,
Khurasani ajvayan	46.0 mg.

Indications : Delirium, anxiety neurosis, spasmodic affection, sleeplessness and as an adjunct in muscular and joint pains.

Description : Asgandh is the most popular drug in the Indian System of Medicine as a tonic, aphrodisiac and nervine sedative. The value of Chotachand is also well established as a drug of choice in hypertension, psychosomatic disorders and in nervous tension. Balatagra is particularly indicated in insomnia and irritability.

It is also useful in cases of hysteria and epilepsy. Khurasani ajvayan is an antispasmodic.

Vital Essence has proved to be a dependable nervine tonic and restorative. Unlike some modern drugs it does not have any adverse effect. It allays stress and anxiety without impairing mental alertness. Its prolonged use does not produce any untoward reaction.

Vital Essence is suitable for day-time administration. It is non-habit forming. It helps to reduce pain perception and is therefore, useful in chronic nervous headache and other pains and aches of nervous origin.

Dosage : $\frac{1}{2}$ to 1 tablet for adults, three times a day. Regulate dose for children according to age.



Part III

Introduction : We explain the constitutional form of treatment which should be carefully studied side by side with the points explained under the head "Classification" which will give a complete idea of the basic principles upon which the various medicines operate. You will then understand how really simple the treatment is, what great service you can render with a small range of medicines and at an expense which is comparatively insignificant. The one real advantage, however, is the simplicity of the whole work and the possibility of accomplishing the cure of big diseases with small medicines and here we repeat for the sake of emphasis that better and quicker results are obtained with small doses rather than large. Method of administering the medicines is explained under General Directions in part II.

In these introductory notes we wish to impress upon your mind our own desire of simplifying things. Our chief aim must be to help suffering fellowmen and not to satisfy our own pride and although we should study everything with sincerity, diligence and intelligence, yet we must do that with a pinch of humility.

CONSTITUTIONAL TREATMENT means "Treat the patient on his own merits and not merely the disease." Therefore, in the treatment of any and every disease, consider and weigh well the following points, the particulars of which have been explained in the first part of this Guide. Whatever direct medicine you may select for

a given disease, you must always examine the nutritional side and provide if necessary for the digestive and nervous side. Doctors report that better results are obtained by adopting the method of always giving Sal Phos or Vital Essence or both in every case side by side with other direct medicines.

1. Nutrition. Albo-Sang enriches it and is Nature's own medicine. We give 3 forms of diet, but as there can be no hard and fast rule for anything, each one should make adjustments according to one's own special circumstances and requirements.

Diet No. 1. Morning, 3 parts milk, one part tea or coffee, Albo-Sang, sugar to taste and with which may be taken bread, chapati and some fruit and nothing else. Noon and evening meals may consist of anything and everything to which the person is accustomed. Those persons whose digestion is not good may use Sal Phos after or before these two meals. This is the general diet that conduces to good health. A cup of tea in the afternoon is good for mental workers but nothing should be eaten with it unless genuinely hungry. Between the morning and noon meal some fruit juice may be taken with some Albo-Sang in it.

Diet No. 2. Morning and night-3 parts milk, one part tea or coffee, with Albo-Sang, chapati or bread, as explained in Diet No. 1. At noon anything and everything to which the person is accustomed. That is to say only one full meal at noon and two light meals in the morning and night. This diet is excellent for persons about 50 to 60 and for those suffering from digestive

affections. The usual night meal may be gradually restored as the digestive powers regain tone and strength. This diet restores lost health speedily and elderly folks look several years younger and also feel it. For older persons the rule of one meal a day is excellent.

Diet No. 3 Light food—milk, gruel, fruit juice, porridge, etc., every 3 to 4 hours in which may be put Albo-Sang. This diet is during illness and for the treatment of gastric or acute condition of gastro-intestinal diseases. Under this diet the recovery is quick and the results are stable.

2. Digestion. Sal Phos, the routine remedy for digestive troubles. Gastromone, is good for those whose digestion is weak, the least indiscretion in diet upsetting digestion. Magnine for hyperacidity, sour belching, flatulence, colic and painful affection in general which as a rule begin some hours after food and at nights.

3. Assimilation. A person may eat well and digest well and yet look poorly because what is eaten is not properly assimilated. Albo-Sang and Gastromone promote assimilation.

4. Sensitization. This means to get the stomach to digest those articles of food, which although natural to the patient, he cannot tolerate. Gastromone is the particular remedy. Gradually introduce the things that disagreed before, just do that for some days and wait; stop them again for some time and begin again and gradually the stomach will be able to tolerate and digest everything.

5. Elimination : means regular evacuation of the bowels, in other words remove constipation. Albo-Sang and Gastromone help the bowels to move naturally. Spolax is the best for elderly persons, weak constitutions, mental workers, delicate people and for those generally who cannot consume the required QUANTITY of food in order to give bulk to the intestines, and in a special manner to those suffering from PILES.

For young persons and children use Taxine, Herbal Bitters is another opening medicine. It must not be forgotten however, that what cures digestive troubles also cures constipation.

6. Nervous Disturbances : Mental disturbance can derange nutrition, digestion and elimination and **can even vitiate blood**. Improper nutrition, digestion and elimination may in themselves cause nervous agitation and therefore what puts them right will also cure the nervous troubles; but nervous disturbances, like constipation have become a special condition needing special attention. The routine remedy is Vital Essence. This may be taken in smaller doses between meals, the bed-time dose being always the best. Ordinarily one or two doses a day suffice and as a rule they must be used in small doses, specially if Albo-Sang is also used. Large doses (say even 2 tablets) may be taken in liquid diet or fruit juice as tonic.

7. Blood Changes : Blood is affected by septic poisoning and for this our special remedy is Hormopirin, Hemo-Plex and Sulfasen. It is affected by gonorrhoea and syphilis when they are active and their treatment as given under their heads. Apart from those conditions

there are some hidden affections contaminating blood and of these the most common are itch, eczema, ringworm, dry eruption, etc., called psoriasis. External treatment is merely an aid but the internal medication eradicates these affections. Hence do not waste your money. These are constitutional diseases and must be treated constitutionally.

But the worst form of hidden infection is **MALARIA** in chronic or latent form. This type of malaria hides itself under many disguises and also under many diseases. A person having this malaria in the system will feel its effects even when there is stomach trouble, toothache, cold, influenza or anything else, and unless this hidden malaria is dominated even the best medicines do not work well, stop everything and give Iloquin, the trouble will disappear and other remedies will work satisfactorily and also quickly.

How to Prescribe: There are acute as well as Chronic diseases. In acute conditions it may be said that a particular disease or symptoms of the disease calls for a particular remedy. Fever needs fever remedy, diarrhoea needs diarrhoea remedy, attack of asthma needs that remedy or the combination that subsides the attack, a swelling need to be removed by a special remedy and so on. A single dose may suffice to remove the trouble or one or 2 days medicine may cure the case. These are routine ailments. There are acute diseases which need time, they run a course and they exhaust the patient's defensive forces such as prolonged fevers, typhoid, pneumonia, bronchitis etc. Here you need direct and indirect medicines. Direct remedy for the disease and the indirect

for maintaining vitality and these two conjointly bring about a rapid cure. In chronic cases the whole constitution of the patient has to be considered.

As the food we consume is nature's own medicine for all diseases as acknowledged by modern science, so also Albo-Sang which is scientific reinforcement to our ordinary diet becomes the chief and very special medicine of nature in health, during illness, and when convalescing. Albo-Sang enriches nutrition and raises up the defensive forces of the body and helps the system to fight disease better.

Nervous disturbances not only cause several diseases but for the most part actually turn simple diseases into serious ones and are also responsible for alarming aggravations. Not until these agitations are controlled can the patient derive any benefit from any direct remedy that may be administered.

We, therefore, give a **classification** of the various compounds and some notes that will help you in simplifying things :—

1. The special tonic-food that enriches nutrition is Albo-Sang.

2. Those compounds that have direct action upon the digestive system are : Chinium-Co., Diasyn, Gastromone, Herbal Bitters, Kynotomine, Magnine, Piparid Sal Phos, Spolax, Taxine.

3. Those that act directly upon the nervous system are : Agar-Co., Amyglia, Decil, Hormopirin, Nervo-Plex, Nevoss, Senzine, Vital Essence.

4. Those that act upon blood (tonic and purifier) are : Albo-Sang, Hemo-Plex, Iobine, Ioquin, Meditab, Rasgent, Herbo-Sulph, Sulfasen.

5. Those that act on the respiratory system : Benzo-mones, Dangine, Desma, Fluzen, Hormopirin, Koflyn, Koflozan and Meditab.

6. Those that act on the urinary system : Nevoss, Spolax, Turai-Co:

7. Those that act on the circulatory system: Amyglia, Auratinum, Grandi-Co.

The classification of various medicines is given in their alphabetical order and not in the order of their importance. The order of their importance is that which is explained under Treatment. This chapter may be summed up thus :

(1) In acute diseases one single remedy or a combination may suffice to cure the trouble.

(2) In severe cases and exhausting diseases, proper attention to be paid to nutrition, digestion, and nervous system.

(3) The direct remedy for a disease may be only one but that will work only when vitality of the patient co-operates; hence the necessity of attending to nutritional side of the treatment.

(4) And lastly, one medicine activates another if properly combined and often it is the combination that promotes a rapid recovery.

Dispensing : It may be convenient to dispense in the form of "mixtures." We recommend a total of $\frac{1}{4}$ to $\frac{1}{2}$ tablet for infants, $\frac{1}{2}$ to 1 tablet for children and 1 to 2 tablets for adults, dissolved into 4 ounces of water and this divided into 4 doses. Example : For digestive troubles for an adult—Sal Phos 1 to 4 tablets, water 4 ounces, dose one ounce, every three hours. For Malarial fever 1 tablet Iloquin, water 4 ounces, dose half an ounce every 1 to 3 hours and so on, regulating the dose according to age and other circumstances. Tablets may be crushed to make a solution or mixture.

Compounds may be made to suit individual cases. Say, there is fever, diarrhoea and debility. The looseness of bowels would naturally be the first thing, the weakness second and the fever the last and therefore the combination would be Diasyn $\frac{1}{2}$ tablet, Vital Essence $\frac{1}{2}$ tablet and Fluzen $\frac{1}{2}$ tablet in 4 ounces of water, dose half ounce to one ounce every 1 to 4 hours. Suppose the fever is HIGH with diarrhoea, the chief remedy would be Phenocalcine (or Decil) and smaller combination of Diasyn or Sal Phos. Stock combinations may be kept readymade according to experience thus; take the medicine in various proportion and mix them up well by grinding or triturating in mortar with pestle or sift the compound in wire sieve 15 to 20 times and keep in bottles marked with a label. A convent is conducting a Charitable Dispensary for the people in villages and using mainly the 8 Compounds of the People's Medical Service. The Government

Doctor of the section desired to see the Dispensary. When he was shown the small room with a very small shelf containing a small range of medicines neatly arranged he said, "What ? You are doing such grand work with this tiny little Dispensary ?"

TREATMENT OF DISEASES

Aches and Pains. These are symptoms of various conditions. Different forms of aches and pains are felt in various conditions. The cause of the pain must receive attention. It is only after a diagnosis of the complaint is obtained that treatment may be attempted and other instructions carried out.

Phenocalcine is the general remedy for all routine cases. Decil in acute painful conditions. Hormopirin is a special compound having a special range of action. Aches and pains also have a nervous side and Vital Essence will have to be considered. Remorin injection may be preferred in certain conditions, especially joint pains. Pains connected with other parts are explained under their respective headings. Externally, Rubzon or Chesol, whichever is convenient.

ANAEMIA. Albo-Sang once or twice a day. In certain run-down cases with loss of body-weight it is necessary to give also Iobine $\frac{1}{2}$ tablet an hour before the mid-day meal and at bed-time, preferably in a teaspoonful of milk.

Find out the cause of the anaemia, and correct it if possible. Abundant rest and fresh air should be secured. A well-balanced diet should be taken. It may be necessary to treat dyspepsia, constipation, etc. for a time.

Symptoms : Pallor of the skin, lips, inside of eyelids, etc., lassitude and dizziness even breathlessness and palpitation. There is usually loss of appetite and indigestion.

ARTHRITIS : Inflammation of a joint. The joint is hot and swollen and movement is painful. The part is kept immobile by bandaging over cotton-wool, or if the inflammation is severe, by splinting. Locally apply Rubzon or Chesol very gently. When the swelling is reduced gentle movements are started. Massage with Chesol is a valuable adjunct to recovery.

For all routine purposes Hormopirin and Decil prove sufficient. In Chronic arthritis injections of Remorin every 4 days prove highly successful even in severe cases where multiple joints are affected. The above oral treatment may be continued in small doses.

Investigate for septic focus, such as infected tonsils, sinuses etc., and treat accordingly. Digestion and movement of bowels must be attended to. Liquid diet as long as the fever persists. Eat little or no meat, but plenty of fruit.

ASTHMA. During an attack in severe cases give an injection of Benzomones which may be repeated at intervals of 2 to 4 days—6 injections generally suffice. Amyglia

during an attack is very useful in some cases. Avoid things that are likely to induce attacks.

In chronic cases give Desma in addition to Injections of Benzomones. Meditab is recommended if the cough is persistent. Dagine is helpful in harassing and spasmodic coughs. Albo-Sang and Chesol are important auxiliaries. Removal of the sources of emotional strain often is helpful and give Vital Essence morning and night.

Much can be done to prevent an attack by general attention to health, and avoidance of fatigue, constipation and heavy meals. The night meal should be very light and is best taken early in the evening. In children, breathing exercises have proved very valuable.

Signs and Symptoms : Asthma is characterised by spasmodic attacks of breathlessness and coughing and a feeling of suffocation and tightness in the chest and throat. An attack of Asthma often comes on at night and the patient wakes up to find himself struggling for breath. He is in great distress and may get out of bed and open the window in an attempt to obtain more air. At first the chest is almost motionless, but later there are deep, slow expirations, accompanied by loud wheezing.

Babies and Children. We should always endeavour to keep children free from diseases rather than treat them, when ill. Little children get ill quickly, get well quickly, and die quickly too if not properly attended to. Albo-sang, Sal Phos and Taxine to keep infants and children safe. Albo-Sang to fortify them against disease. Sal Phos to keep the digestive organs in trim. Taxine for constipation.

A missionary was called at 2 at night to bless a dying infant. Abdomen was bloated to tightness and child was breathing hard and all were crying. He put 10 grains of Sal Phos in a little warm water and gave one teaspoonful every 15 to 30 minutes. Baby showed signs of improvement within 2 or 3 doses and was quite well by morning.

Sal Phos is sufficient to correct digestive disorder and maintain infants in good health, but, for convenience of administration to babies we present another product with similar properties called Bio-Sal which infants take with relish. Bio-Sal is recommended by Doctors as the Gripe Water of choice.

Children are subject commonly to a liver complaint called Cirrhosis. Treat it thus: Small doses of Iloquin and Kynotomine, 1 tablet each and Albo-Sang diluted in the feed or given in a little water 2 or 3 times in the day. The addition of Taxine is valuable in most cases. The method cures this dangerous disease satisfactorily within 3 to 6 months. If progress be slow give Herbal Bitter every 2 or 3 days last thing at night.

Dentition is a troublesome period for infants and they often suffer during this time from the complaint which they are most susceptible. Sal Phos is particularly useful during the period of Teething. To allay pain 1 tablet doses of Phenocalcine may be given. If the child is very troublesome give Vital Essence.

As a rule all medicines that are used for adults may be used for infants and little children. But they have some special medicines for themselves and they are: Agar

for throwing up of milk in curds and fits or convulsions in general; Chinium-Co is a general remedy and suits the little ones in many ways, for fevers, diarrhoea, dysentery, especially when the infant gets ill suddenly—no matter what the disease. Piparid is their best friend and should always be remembered not only for Worms but also when other remedies do not work satisfactorily.

BLOOD

Albo-Sang enriches blood and is sufficient for all routine purposes.

For High Blood Pressure, give Albo-Sang once or twice a day and Auratinum morning and at bed-time, but the most essential point is to remove constipation with Spolax. Vital Essence 1 tablet, three times a day. This is necessary to allay anxiety and avoid worry and mental fatigue. Albo-Sang brings up the pressure when low and lowers it when high. It relieves nervous tension.

Amyglia is particularly good in High Blood Pressure when there is giddiness and may be combined with Auratinum. For immediate relief in High Blood Pressure give Amyglia every 2 hours till symptoms abate. The routine use of Sal Phos after meals helps to reduce High Blood Pressure.

Diet should be moderate; meat, salt, spicy food, tea and tobacco to be restricted. Avoid excitement, worry, physical strain, and obtain a sufficient amount of rest.

High Blood Pressure is a troublesome condition in middle age and old age. It gives rise to headache, giddiness, roaring in the ears, breathlessness on exertion, palpitations, irritability or sleeplessness. In worse cases there may be bleeding from the nose, numbness and tingling in the limbs or cramp and coldness in the legs. There may even be temporary blindness and a stroke.

For Bleeding. (Haemorrhage) the prime remedy is Chinium-Co, and Vital Essence when the patient is very nervous. For special cases of bleeding see under Piles, Female complaints and consumption.

BRAIN-NERVES

See Nervous disturbances under Constitutional Treatment. You would have seen how important it is to protect the nervous system, how deceptive these affections are and also how commonly they exist in other diseases. It may be asserted that Vital Essence may be necessary in various diseases. The other special diseases connected with the brain and nerves are :

Delirium. Those remedies that cure fevers also cure delirium, but the special compounds are Vital Essence when there is some form of violence; Chinium-Co in children-
Convulsion, the same remedies as for delirium but the special one is Agar-Co.

For Insomnia (want of sleep) Vital Essence removes impediments and calms the nervous system; proper attention to digestion is essential. Vertigo-giddiness. This may be

due to digestive irregularities. It is an accompaniment to High Blood Pressure and what cures that complaint cures giddiness.

Vital Essence ensures refreshing sleep, a dose before the night meal and another at bed-time. A single dose helps to remove the feeling of weakness, restlessness and exhaustion, whereas strong stimulants first give strength and then rob you of that which existed before. For nervous pains (neuralgia) the chief remedy is Vital Essence.

Neurasthenia means a worn out condition of the body and mind, following severe physical stress; weakness from haemorrhage or acute illness; or slow poisoning from chronic sepsis. The modern view is that there is an underlying mental stress as well. The patient complains of symptoms for which no adequate physical cause can be found. Often there is an accompanying poor state of health, extreme mental and physical fatigue, with depression, worry, headache and vague aches and pains. The patient is 'rundown' and in a poor state of nutrition. The digestive system becomes easily upset.

All that is needed usually is a change of environment, with attention to general health by tonics and improved diet. Rapid improvement is observed with the following: Albo-Sang in milk twice a day and Gastromone 2 tablets after meals. Vital Essence 1 tablet at bed-time. If appetite is poor, Sal Phos 1 tablet half an hour before meals. Correct constipation, if any.

Hysteria is the name of a mental illness in which the patient, who is suffering from the repression of some

intense emotion from the consciousness, develops physical symptoms, although there is no bodily disease to account for them.

Treatment consists in training the patient to understand and accept his or her own desires and emotions. The general health often needs attention. Life should be as full as possible, with regular meals, work, sleep and hours of recreation. Medicinal treatment is as follows: Agar-Co early in the morning and at bed-time or half an hour before meals. Vital Essence may also be added if necessary. Albo-Sang twice a day.

Epilepsy: Vital Essence three times a day and Agar-Co early in the morning and at bed-time, or half an hour before meals. This treatment should be continued for a long period. Attention to general health is of great importance. Albo-Sang may be necessary. Great benefit is derived by the application of Entrops to the scalp before bath. Amyglia during the aura frequently aborts an attack. The patient should avoid places of danger. During the fit the patient must be prevented from hurting himself and something should be wedged in his mouth to prevent him biting his tongue.

Epilepsy usually starts in childhood. In the major fits, the patient is often warned by some kind of feeling (aura). The fit itself comes on suddenly. The patient yells and falls like a log, frequently hurting himself severely. The muscles are fixed and tightly clenched. The face which was first pale, grows livid, as respiration is impeded. After a few seconds, the muscles begin to jerk spasmodically, eyeballs roll, the jaw is clenched and unclenched and

the tongue may be severely bitten. The bladder and bowels may be emptied. Gradually the patient passes into a state of coma. The limbs relax and he sleeps for some hours, waking eventually, perhaps with his mind somewhat confused.

Chest and lung diseases. These are destroying home and domestic happiness at the present time. The first step is to raise up VITALITY.

Bronchitis. Koflyn and Hormopirin every 4 hours. Hemo-Plex may be added if the temperature is very high. The patient must remain in bed, and drink as much bland fluid as possible. Application of Chesol or Rubzon on the chest and back expedites cure. Doctors report that our Chesol and Rubzon obviate the necessity of using fomentation, poultices or antiphlogistic applications. Meditab is recommended for Chronic Bronchitis.

Bronchitis begins with general discomfort, with a feeling of tightness and rawness in the upper part of the chest. The cough is at first dry and painful, but later temperature rises and breathing becomes looser with phlegm. With the loosening of the cough the pain grows less. The temperature may rise and breathing become embarrassed, with bubbling or rattling sounds in the chest.

Pleurisy. Hemo-Plex is the main remedy and Hormopirin is a very important auxiliary or in its absence Phenocalcine will render useful service. Application of Chesol to the chest morning and night not only relieves pain but exerts antiphlogistic effect. Albo-Sang in these diseases helps to raise vitality and thus helps the patient to rid

disease more easily and rapidly. Serious cases result in empyema which has to be treated surgically.

Pleurisy begins with a severe stitching pain in the chest—worse on breathing, coughing, etc. The attack often starts with rigors and the temperature rises to about 101° F. As soon as there is effusion of fluid the pain diminishes, but breathlessness usually ensures. The temperature remains high and there may be a slight cough. If the temperature becomes hectic with rigors and profuse sweating, empyema is suspected.

Pneumonia. Hormopirin and Meditab ever 4 hours. Sulfasen when temperature is high. Apply Chesol to chest, front and back, morning and night. Complete rest in bed in well ventilated room Milk-diet till temperature returns to normal— Increased breathlessness or alterations in the strength and rate of pulse will need Grandi-Co. Vital Essence for delirium and restlessness.

Pneumonia starts with a violent shivering attack, a rise of temperature to about 103° F. There may be pain in the chest or sometimes in abdomen. The breathing becomes very rapid and distressed and the pulse is quick. The patient usually sits up in the bed with flushed face anxious expression, and the typical, difficult, painful, infrequent cough is heard, a little rusty-coloured sputum being brought up. Temperature remains high, delirium at night is common.

Whooping cough. The child should be isolated and kept in bed while there is fever, in a warm, but well-ventilated room. If there is much vomiting, the diet should be restricted to milk. The treatment for Whooping Cough

is described under Dagine. In addition, Vital Essence may be given to control severe paroxysms. Gentle massage of the chest with Chesol helps. During the fever stage Phenocalcine or Decil may also be given. A binder may be worn for pain in the abdomen.

Whooping Cough is an infectious disease occurring in childhood. It starts as a feverish cold with slight cough. The first stage lasts for about a week and then the typical cough is heard. The cough consists of a number of short, barking explosions, followed by a sudden noisy inspiration, or "whoop." A number of attacks usually follow on each other and, as a rule relief does not arise until either vomiting occurs, or a considerable quantity of sticky mucus secretion is brought up. The paroxysms most often comes on at nights before sleeping, and sometimes, after meals. During the attacks the eyes bulge and may become bloodshot. There may be pain in the abdomen, nosebleeding, convulsions or rarely asphyxia.

Tuberculosis Tuberculous patients are best treated suitably in a Sanatorium. As prevention is better than cure we recommend the use of ALBO-SANG which fortifies the constitution against this home destroying disease in particular and against all diseases in general. In fact, in the earlier stages of consumption no other medicine is needed than Albo-Sang. Rest in bed until the temperature comes down is essential. If the patient cannot be sent to a sanatorium he should have a room to himself or preferably sleep out of doors in a warm sheltered hut or veranda. If there is much cough give small doses of Meditab. For Haemoptysis give Chinium-Co and Vital Essence.

Hormopirin is another useful remedy especially when the fever is high; we recommend its use either alternately or in combination with Meditab. Give Iobine in milk for loss of body-weight and Vital Essence as a nervine tonic. In cases that do not respond to oral treatment, give Auratium by injection every 8 days.

Signs and Symptoms:— In the early stages of Consumption the patient feels weak and easily tired. He sweats profusely, and very often loses his appetite. A slight but persistent cough develops. Anaemia is a prominent symptom. As the disease progresses the temperature rises every evening, and the sweating and wasting increase. The cough becomes painful and comes on in violent spasms. The expectoration is copious and full of pus, and may be blood stained.

COLIC is an attack of griping pain due to spasmodic contractions of a tube, like the intestines, or a duct, like the bile duct or ureter. Biliary colic is a violent form of spasmodic pain due to passage of a stone down the bile duct. Renal colic is caused by passage of a stone from the kidney down the ureter. Intestinal colic may follow the eating of unsuitable and irritating foods or over-use of strong purgatives. All violent abdominal pain should be treated with great caution.

Vital Essence $\frac{1}{2}$ tablet and Chinium-Co $\frac{1}{2}$ tablet in a little warm water. This may be repeated every 3 hours if necessary. Complete rest and application of warmth to the painful region will help to give relief. The cause should be sought for and treated accordingly.

DIABETES. This is a disease due to faulty metabolism and is connected with the digestive system and is also due to disorganization of the digestive organs. Hence the treatment has to begin with the digestive system which must be attended to on the lines explained below. The remedy is Mersina one or two doses a day and when the sugar disappears take a dose every 3 to 4 days. We recommend the use of Gastromone and, if convenient, Albo-Sang tablets once a day. The nervous system needs attention and we recommend the combination of Vital Essence with Mersina.

Diet has to be restricted according to the weight of the patient and the degree of diabetes. More food may be given to patients who are unusually active. Rice, sugars and other starchy foods may either be stopped or taken in strict moderation until examination of urine shows no trace of sugar and symptoms disappear.

A diabetic diet should include two to three glasses of skimmed milk throughout the day. Albo-Sang two tablets twice a day have proved to be highly beneficial in diabetes. Mersina is an antidiabetic compound described elsewhere in this guide.

Symptoms. The patient notices that he has become gradually very thirsty and is passing large quantities of urine. His appetite is usually excessive and yet he is becoming thinner. He suffers from muscular weakness, and is depressed and irritable. His mouth, lips and skin are dry. Urine examination shows presence of sugar.

DROPSY or Oedema is the exudation of the watery part of the blood out of the capillaries into the

tissues or into the body cavities. Turai-Co when Kidneys are affected and Grandi-Co when heart is involved. Kynotomine for liver affections. Salt has to be strictly avoided in such cases.

Ears. For earache give Phenocalcine or Chinium-Co in small doses every half to 1 hour, or smaller doses every 15 to 30 minutes and in most cases you will see good results. At times the pain may be of nervous origin when Vital Essence given similarly will prove better. A little of Entrops or Chesol dropped into the ears often cures earache.

Otorrhoea means discharge from the ear. In an acute case; Hemo-Plex & Phenocalcine orally every 3 hours. Instil 2 or 3 drops of Entrops into the ear twice a day. Hot fomentations should be applied to the ear. The throat should be thoroughly cleansed with gargles of Methiliod. Keep bowels free. Rest in bed in a warm room.

The treatment for chronic discharge from ear is fully described under Healan. Cleanliness is most essential. If Healan forms concretions in the ear use Entrops to clear it. Attention to general health is important Albo-Sang to raise resistance.

Eyes. Study Rasgent. When there is much pain give Chinium-Co in small doses frequently. Phenocalcine may do. Rasgent eye drops prepared in boiled water or distilled water will keep well for several days.

Female Complaints. These begin at Puberty when girls enter womanhood, and they need the help of Albo-Sang and Vital Essence and the help becomes essential.

when the change of life (Menopause or Climacteric) takes place between 40 and 50 years of age. During both these periods the nervous system is affected. For irregularities of menses the general remedy is Brahamdine, also Auratinum.

Leucorrhoea. (whites) may be due to low vitality for which Albo-Sang becomes essential. The main remedy is Brahamdine. In all ordinary cases, first try Brahamdine, Auratinum and Chinium-Co. Discharges may also be due to venereal infection in which case Iobine will have to be considered if Brahamdine does not give satisfaction.

Dysmenorrhoea (Painful menses) The treatment is described under Brahamdine. For immediate relief give Vital Essence 2 tablets every 3 to 4 hours. In severe cases, Chinium-Co $\frac{1}{2}$ tablet may be given. If necessary, Amygilia may be used for prompt relief.

In most cases attention to general health will bring about relief. Regular exercise is of value in stimulating the circulation. Anaemia and constipation should receive proper treatment.

The particular remedy for Uterine Affections is Auratinum whose special indication however, is in cases where means are scanty or absent (Amenorrhoea) even for years. For profuse flow Chinium-Co is the right remedy and so also for prolonged flow or haemorrhage. For pain in the lower abdomen due to inflammation, etc. use Chinium-Co and apply Rubzon externally. If necessary try Hormopirin.

During pregnancy give Albo-Sang which helps the mother and child in formation, and when given after delivery enriches the mother's milk and its virtues pass on to the baby through the mother's milk.

Delivery. Auratinum helps to make delivery easy and natural. It brings on labour pains when they cease. Pregnant females may be prepared for easy delivery by giving from seventh or eighth month $\frac{1}{2}$ tablet of Auratinum in the morning and Chinium-Co in the evening.

Vital Essence is of great value during delivery. Female, in labour for several hours deliver after a single dose of Vital Essence which may be given every half to 1 hour during labour. Auratinum helps to **bring on labour pains when they are weak or absent**, whereas Vital Essence has to be given when in spite of labour pains the delivery is delayed and the patient is anxious and agitated. Please note the difference. If there is profuse bleeding after delivery use Chinium-Co which is also good for what is known as milk-fever on 2nd or 3rd day. If there be breast abscess give one dose of Rasgent and put compresses of Entrops. Repeat Rasgent after 4 to 8 hours if there be no improvement. For low fever coming on after delivery, which if not treated, usually takes the patient into tuberculosis, follow the course explained under Fevers.

Fevers. The general and routine remedy is Fluzen and its use prevents many fevers from turning serious. If Fluzen does not bring down the fever within reasonable time and the temperature runs high, give Phenocalcine

which should also be used in prolonged fevers even if temperature is not high. For fevers due to inflammations, bronchitis, Pneumonia, pleurisy or any septic condition, use Sulfasen and Hormopirin. Decil and Phenocalcine are useful in rheumatic fever. For infants and also children when routine remedies fail, use Chinium-Co or Piparid.

For Malaria. Iloquin For eruptive fevers : measles, chicken pox, etc., use Phenocalcine and for mumps the special remedy is Hormopirin. For fever which is low and face flushed, the usual signs of the patient running into tuberculosis, the best medicines are Hormopirin 1 tablet combined with Iobine 2 tablets 3 times a day and Albo-Sang for the nutritional side. The same combination does excellent work in fevers after delivery. For milk fever after delivery use Chinium-Co or Hormopirin. In dealing with patients suffering from fever frequently, feverishness almost daily or low fever constantly the first point is to raise up the resistance by Albo-Sang and then consider Iloquin, Sulfasen or Hormopirin.

A typical attack of Malaria has three stages; a cold stage, a hot stage and a sweating stage **Cold Stage**-lasting $\frac{1}{2}$ to 2 hours. The patient has headache and pains in the limbs and back, accompanied by shivering. A rigor follows, in which his teeth chatter, he shivers violently all over and feels intensely cold. **Hot Stage**—generally lasts 4 hours, sensations of warmth gradually spreads over the whole body, often accompanied by stupor or delirium. **Sweating Stage**—1 to 2 hours. Profuse sweating ensues, the temperature falls and the discomfort and pain are relieved. An attack may come on daily, every three days or recur every fourth day, depending on the type of malarial parasite.

Measles. The patient develops a feverish cold, cough and running nose and eyes. Headache and biliousness are common. On the fourth day the mottled, dusky measles rash breaks out, first on the forehead and spreads rapidly all over the body. The catarrh continues and may affect the throat, with hoarseness. Bronchitis, with a wheezing cough is common.

Chicken Pox. After a few hours of malaise, with rise of temperature a crop of red spots appear on the face, chest, back and sometimes on limbs. In a short time the spots turn into little blisters, and in about 24 hours, some of the blisters begin to show signs of containing pus.

FILARIASIS. Nevoss $\frac{1}{4}$ tablet, Iobine and Ioquin, $\frac{1}{2}$ tablet each in combination three times a day are reported to show good results.

GLANDS. For inflamed glands give Sulfasen and Hormopirin. Locally Rubzon and fomentation. If it suppurates treat it as an abscess. Incision may be necessary, Dress the wound with Ripanto and if healing is prolonged sprinkle Healan. For Tuberculous glands (Scrofula) give Iobine and Albo-Sang, preferably in milk. Rest, fresh air sunlight and good food play an important part.

Symptoms of Tuberculous Glands. The child is usually anaemic, debilitated, subject to frequent colds, and below weight. The disease is generally localized to one group of glands, and the process is slow and chronic. The glands soon become matted together into one solid mass.

HEADACHE is a symptom of many different diseases of varying severity. Acute and transient headache is found at the beginning of many febrile illnesses, including the common cold. Other common causes are: anaemia, constipation, eye-strain, anxiety neurosis, migraine, high blood pressure, chronic kidney disease, disease of the nose, teeth or ears.

The causes of the headache must be sought and treated accordingly. The routine remedy for headache is Phenocalcine and Decil, and in stubborn cases Hormopirin. Application of our Rubzon on forehead affords relief. When headaches are persistent try Vital Essence. Nervo-Plex is another useful medicine for chronic headaches, and particularly nervous headaches. Severe headache with flushed face may need Amyglia. (See under the diseases mentioned as causes of headache).

Hair and scalp affections are generally due to internal disturbances and therefore Albo-Sang stops falling of hair. The use of Olosyn helps the growth of hair. Rub into the scalp with finger tips daily. Olosyn may be diluted with coconut oil. For loss of hair due to ringworm of the scalp use Skinment after clipping the hair short.

Heart. When pulse is feeble and slow or fast and patient gets easily out of breath, gets exhausted soon, palpitation, suffocation, swelling of ankles on walking-give Grandi-Co. Spasmodic affection such as Angina give Amyglia. Heart affections are certainly aggravated by digestive affections, chiefly formation of gases. All persons who get exhausted and breathless very easily should use Grandi-Co off and on.

Hiccough is caused by irritation of the nerve supply of the diaphragm—that is, the big muscles dividing the chest from the abdomen. This irritation is due, as a rule, to some disturbance of digestion. At times, however, it is a serious symptom.

Ordinary hiccough is best stopped by taking Sal Phos or Magnine in a little warm water. An old remedy is holding the breath in expiration—that is having first breathed out. Also stooping forward and sipping warm water gently from the part of the tumbler's rim which is furthest away from the lips.

Inflammation - Congestions. Inflammation is swelling with redness, heat and pain. Congestion is accumulation of blood. For inflammation the routine remedy is Phenocalcine and the special compounds are Sulfasen and Hormopirin, particularly if there is fever. Use Rasgent when there are signs of formation of pus. Compresses of Entrops abort abscesses very rapidly.

Influenza. The routine treatment is Fluzen. Phenocalcine or Decil may be added to relieve severe aches. If the catarrhal condition extends to the lungs, Hormopirin is given. Light diet, Albo-Sang and rest in bed is essential. The after depression and weakness will necessitate a cautious return to work.

Symptoms : The patient is suddenly attacked with severe headache and pains in the back and limbs. The temperature rises rapidly and there is considerable discomfort, pain in muscles and joints, restlessness and

weakness. The temperature, usually falls in 3 or 4 days, but fatigue and weakness may continue for many days. A relapse may occur if proper rest is not taken.

The treatment for 'cold in the head' is the same as that for Influenza. Application of Rubzon to forehead relieves headache. When a cold is impending insert a little Rubzon into the nostrils. This checks an attack.

Repeated attacks of Cold are generally due to lowered vitality, poor digestion, improper nutrition, lack of fresh air. Attention should be paid to general health. Iobine and Albo-Sang to check susceptibility to frequent attacks of cold and to increase resistance to infection. Avoid overcrowded, badly ventilated rooms.

Jaundice. Kynotomine one tablet for adults three times a day. For children according to age. An initial dose of Herbal Bitters, preferably at bed-time, is useful. Magnine once or twice a day, half an hour before the dietetic meal. A large amount of fluid should be given by mouth. No fatty foods must be eaten. Starchy foods may be taken sparingly. Milk may be given 3 or 4 times in the day. Add Albo-Sang 3 to 5 grains in each of the liquid feed. The Jaundice, which is commonly of the catarrhal type, clears up within 2 or 3 weeks.

Symptoms: The patient wakes up in the morning feeling depressed with no appetite and suffering from headache. The skin and the white of the eyes are yellow. The stools are clay coloured, and the urine is dark with bile. The bowels are disordered, so that there is either constipation or

diarrhoea. The pulse is slow and there is marked drowsiness. There may be slight fever at the commencement. A feeling of uneasiness or weight in the hepatic region is complained of.

Kidneys. The chief remedy is Turai-Co which is also an excellent medicine for albuminuria. For pain in the back and scanty urine indicating kidney affections use Hormopirin alternately with Turai-Co and apply Rubzon externally.

Signs and Symptoms. Puffiness under the eyes in the morning and swelling of the ankles. Scanty urine, and in certain types the quantity of urine passed is greater than normal. Urine contains albumen. Anaemia, pain in the back, headache, loss of appetite.

Renal Colic. Small stones or gravel may pass easily down the ureters and be voided in the urine, or remain in the bladder. Larger stones may become impacted in the ureter or only pass with great difficulty giving rise to renal colic. Before this condition arises, the patient complains of an aching loin, with occasional attacks of more colicky pain. Water has to be passed frequently, and is usually blood-stained. When the stone begins to pass down the ureter, the pain increases to agony. The patient may writhe on the floor. Pallor cold sweat, and a sub-normal temperature with a rapid pulse are all present. After a varying period the stone suddenly passes and the pain ceases.

In an attack of renal colic the patient should at once be got to bed. For treatment see under "Colic". If the

presence of a large stone or stones is discovered by X-Ray the patient should be referred to a surgeon.

Liver—Spleen. Liver is known as the centre of distribution of the exquisite human system. Although the functions of spleen have not been clearly defined, yet it is regarded as one of the organs of Vital importance and the richness of blood is said to depend upon it. Most people complain of “sluggish” liver and this is due to over indulgence in eating and drinking.

Sluggish liver is a common complaint and its chief symptoms are bad taste in the mouth especially on rising in the morning. Sweets upset stomach. Biliousness every now and then apparently without any special cause. Tongue almost always coated. Repeated attacks of headache. Fickle appetite, Constipation, weakness and mental depression.

A high Protein diet is advisable. Fried or greasy foods, highly spiced foods, and alcoholic beverages should be totally avoided. Skimmed milk may be taken frequently. Complete rest is essential in cases of loss of weight, mental depression and general debility.

Sluggish liver is the result of wrong eating and therefore the first remedy is to eat rightly and to see to digestion and constipation. The remedies that act directly upon the liver are Sal Phos, Gastromone, Taxine and Herbal-Bitters. Itoquin is the prime remedy in all affections of the liver and spleen which get affected after malaria. They are also excellent in the liver diseases of infants and children. Albo-Sang given in the liquid diet expedites cure.

Biliary Colic. Sometimes the gall stones are small enough to pass easily along the ducts. At other times the stones are large enough to block the bile duct. When this happens the patient has an attack of biliary colic. The colic starts suddenly with an agonizing pain along the edge of the right ribs. The attack of colic is accompanied by severe shock, the skin pallid and bathed in cold sweat, and the pulse is rapid and feeble. There is usually vomiting. If the stone remains stuck for long, the skin becomes jaundiced and whites of the eye are yellow. Generally the attack ends suddenly as the impacted stone is forced into the intestine.

For treatment of colic, see under "Colic". Diet needs attention. The bowels must be regulated, preferably by Herbal Bitters. Plenty of water should be taken during the day. Over-eating should be avoided and fatty foods restricted. Greens and fruits may be eaten freely. Exercise such as walking, is essential to stimulate the liver.

Male Complaints. Many persons feel unnecessarily worried about night emissions which is so to say the "safety valve" of nature. An emission even once a week ought not to disturb the mind of anybody. These night emissions, however, become a disease in the case of those who have been the victims of selfabuse for several years and whose constitution has become somewhat shattered. Even in these cases there is no need to despair. The first remedy is to give up the vice, the second never to think about the past, and third to concentrate upon the future with a mind raised up to higher thoughts of life.

On the medical side the right remedy is small doses of Nevoss, which may be taken at bed-time only, and

Albo-Sang once a day in the morning. Nothing more may be needed than perhaps the use of Spolax if there is constipation, which should always be avoided. Mental workers may need special support for their nervous system which can be got from Vital Essence. In the case of very frequent emission we suggest adjustment of diet and the following prescription—one tablet of Vital Essence twice a day and 2 tablets Nevoss at bed-time. The prescription is also good for those who pass a lot of phosphates in the urine. It would better to “grind” a compound of these 2 medicines and taken say 3 to 5 grains of the compound twice a day. Senzine in small dose may be given when spermatorrhoea is associated with impotence.

Sexual insufficiency or impotence. The insufficiency may be due to Physical weakness, nervous debility or mental condition. With physical improvement must come also sexual fitness and nothing special is needed. Nervous condition is a delicate matter because it depends upon various factors some of which may be purely psychological. Hence the mind and the nerves are interconnected and must be considered jointly. If the mind be strong the nervous side is easy to control. The real difficulty comes in when the mind is enfeebled. We must, therefore, study the mind first.

Everything depends upon our mental attitude towards life and sexual functions are related intimately to the view we take of life. Sexual instinct is inherent in human beings just as it is in animals. The object of implanting this instinct is procreation and procreation is brought about through marriage. Indulging in sexual intercourse outside marriage, therefore, is improper, immoral and

criminal. Unless this realized seriously, man or woman cannot go straight. This realization can only come from what is known as moral education, which must begin from the time a child begins to know the difference between good and evil, between right and wrong. It is the want of this moral education that is responsible for so much misery and illness.

Sexual excesses and abuses cause not only impotence but also shatter the nervous system and enfeeble the mental faculties. The first remedy is to stop the cause. The second cause is to strengthen the mind (will power) not so much by lessons in hypnotism and magnetism as by a thorough grasp of the principles of life. Amendment effected through any other consideration is short lived

Medical authorities who have made a proper study of this subject declare that not only sexual excesses are injurious but that sexual thinking is even more so. Sexual appetite in debilitated constitutions is more mental and less physical, or in many cases while the body shows no positive inclination the mind is feasting on the delights of sensuality. These are the sad cases that go about searching for TONICS with no other object than of forcing the body to fall in with the mind. Natural sexual appetite is spontaneous and may be satisfied legitimately not only without harm but with benefit to both parties. It is the mental sensuality that is ruinous and it is this that has to be corrected and without which no amount of medical treatment can be of any use whatsoever. Sexual fitness if lost can be restored with the aid of Nature and Science.

Although mental sensuality needs moral treatment primarily, yet it also needs medical aid. Continuous dwell-

ing on sexual matter becomes in later stage not only a form of moral weakness but also a DISEASE. The agitated brain and the nerves need to be calmed down. The greatest mistake to be avoided in such case is **over anxiety** which make them resort to stimulating drugs, scrupulosity in eating and keeping sentry over medicinal treatment, trying to see improvement in their health every few days etc. A sincere desire to abandon their old ways and begin a new life is in itself a stage and a great one in the way of regaining lost health and the rest comes gradually but surely with obedience to the law of nature and of science.

Treatment. The first remedy for sexual insufficiency is to remain cool and consider the cause and endeavour to remove it. The cause may be DYSPEPSIA. It may be centred in the liver. It may be venereal disease. It may be due to excesses and abuses. Remove the cause whatever that be and according to suggestions given in this guide. All other methods are FALSE because they invariably produce overstimulation with the certain later reaction of losing even that Power which may have existed before. The second step is to draw up a course of treatment with due consideration to various circumstances of the case.

Senzine is the prime remedy. In small doses it actually controls abnormal sexual excitements like Nevoss. In strong doses say 1 to 2 tablets three times a day it stimulates the sexual system and gradually restores lost forces, provided the patient will not waste on one side what he gains on the other. In certain neurasthenic cases it may be necessary to give Vital Essence and Albo-Sang.

Migraine. (Also known as hemicrania, Sick headache, bilious headache). At the very onset of an attack give large

doses of Phenocalcine and Vital Essence in warm water at short intervals. Decil 1 to 2 tablets every 3 hours. Rubzon to forehead. The patient should lie down in a darkened room in severe cases. A large dose of Amyglia at the onset helps to check the attack.

Between attacks, Vital Essence one tablet and Gastro-mone $\frac{1}{2}$ tablet three times a day. Nervo-Plex is another auxiliary. In intractable cases the regular use of Herbal Bitters helps to avert attacks. Digestion and movement of bowels should receive great attention. Overstrain both mental and physical, should be avoided. Also fatty foodstuffs and anything that is known to cause the attack should be avoided. Eye defects may need suitable glasses.

Symptoms. Migraine is a type of headache accompanied by disturbances of vision, nausea, or even vomiting. This affection is characterized by recurring attacks of intense headache, often unilateral and temporal later becoming bilateral, and preceded generally by an aura of a visual and sensory nature, or merely a feeling of malaise, or occasionally one of well-being. Most people who suffer in this way find that if they can sleep they awake free from headache attacks at varying intervals.

Mouth-Tongue-Teeth. Mouth diseases as a rule originate in the stomach. That is to say, they are the result of improper digestion. For sore mouth, use Methiliod wash to which add sugar especially for infants. For stomatitis and ulcers in the mouth give Auratinum and Albo-Sang internally and mouth wash of Methiliod. Also have faulty teeth attended to. Bad teeth and gums are always the result of

bad digestion. Use our Medicated Tooth Powder and also Entrops. You need not remove a single tooth and even the shaking teeth become firm. We need Dentists not to pull out teeth but to TEACH the people how to preserve them.

Toothache-Gum Boil. Give Decil 2 tablets to relieve pain in tooth or gums. This may be repeated after 4 hours, if necessary. Soak a little cotton in Entrops and place it against the painful tooth. If the effect be slow, add Vital Essence. Bad smell from mouth is chiefly due to indigestion. Regulate digestion, correct constipation and use Medicated Tooth Powder morning and at bed-time.

Nose. A few drops of Entrops 2 or 3 times in the day have relieved sufferers from chronic nasal troubles. Young man 25, suffering from severe nasal catarrh and also cough for over 2 months: it was worse at night and the patient found difficulty in breathing, was told that operation was essential. Entrops instilled into the nostrils morning and night for a week completely checked the complaints. Entrops is recommended in the case of adenoids and nasal sinusitis.

Obstructions. When right remedies do not work or the patient does not progress rapidly, think of the following: **Piparid** in the case of infants and children, especially if they present any of the symptoms mentioned under that compound. **Auratinum** for females even when they are treated for any diseases other than uterine. **Ioquin** in malarial subjects and it is this hidden malaria which presents the most powerful impediment in the treatment of diseases and just a few dose of Ioquin remove the obstruction. These may be interpolated with other remedies at long intervals or administered alternately or given in combination.

Piles. Spolax gives immediate relief in most cases and gradually eradicates the trouble. Attention must be paid to digestion and over-eating avoided. Water may be taken in abundance. Constipation, and all the things that lead to it, are causes of piles. Straining at stool is an important cause.

When there is bleeding give Chinium-Co twice a day. Apply Ripanto at bed-time and after evacuation introducing it in anus with finger. This soothes pain and helps to stop bleeding. Herbo-Sulph internally also relieves pain and burning as well as stops bleeding from piles.

External Piles. These are small, hard, folds of skin, with a central varicose vein, around the anal opening. They cause burning and irritation. If thrombosis occurs, piles become swollen, extremely tender and painful.

Internal Piles within the bowel give rise to a feeling of heaviness and actual pain when the mass protrudes. There is some bleeding which tends to get worse, and may cause anaemia.

Pimples. Rasgent alone generally suffices—1 grain morning and night. Albo-Sang if necessary. Avoid constipation. For BOILS, in addition to Rasgent and Albo-Sang, give Hemo-Plex after meals. After boils burst apply Ripanto with Healan. In severe cases injection of Sulfasen may be necessary.

If pimples (Acne) tend to persist, observe the following: Correct the diet. Do not overeat. Do not eat fat, greasy or fried foods, ice-cream, butter, chocolate, sweets or much starchy food. Take gentle out-door exercise daily.

Prolapsus ani. Reduce the prolaps by means of gentle pressure with Ripanto. Apply Ripanto locally after stools and again at bed time. Internally give Spolax once or twice a day. **FISSURES** are tiny cuts in the anus. Apply Ripanto twice a day. Constipation is to be avoided.

Pyorrhoea is an inflammation commencing at the junction of the tooth and gum. The gums become shrunken and retracted and the teeth loose. It may be accompanied by offensive breath. Pyorrhoea may not only interfere with proper mastication of food and cause digestive disorders, but pus may be swallowed or absorbed into blood-stream and cause serious upset to the general health.

The use of our Medicated Tooth Powder not only prevents Pyorrhoea, but also cures such cases. It should be used in the morning and at bed-time, and preferably after every meal if there is much inflammation of the gums. Entrops is a useful remedy to cure pyorrhoea, unless the condition is far advanced and calls for removal of bad teeth. Digestion and general health should receive attention.

RHEUMATIC FEVER or Acute Rheumatism, is an acute feverish condition characterized by severe inflammatory changes in the heart and in the joints. In a typical attack there is a preliminary throat infection and the knee joint is usually first affected, becoming painful, red and swollen. This is followed by involvement of the other joints, inflammation subsiding in those first affected as it spreads to new ones. The temperature varies with the joint involvement. The inflammation of the heart muscle is usually marked by an increase in the fever and there may be breathlessness.

The duration of the attack is cut short by the administration of Decil and Hormopirin every 3 hours. The pain of the joints may be relieved by the application of Chesol and loosely covered. Septic foci should receive attention. A prolonged convalescence is necessary. Damp houses should be avoided.

RHEUMATISM - SCIATICA - LUMBAGO. We present Decil and Hormopirin which are almost a specific for these complaints. As these cases also have a nervous side nervine remedies must also be considered. Pheno-calcine is a routine remedy whose efficacy in these complaints can be enhanced with the addition of Iobine and Methiliod. Chesol or Rubzen expedites cure and gives relief in most cases almost immediately, especially when there is inflammation. Attend to digestion and regular movement of bowels. In routine cases it is convenient to use Remorin 1 ml. every 24 hours.

RICKETS. Albo-Sang in fresh milk twice a day. The child should have as much natural sunlight as possible. Walking or crawling should not be allowed until bones are strong enough. Breastfeeding is an important factor in the prevention of Rickets. In artificially-fed babies the administration of Albo-Sang is of great value in preventing rickets.

The early symptoms are restlessness at night, profuse sweating of the head, so that the pillow is soaked, and irritability. The earliest bony changes are thickening of the ends of the bones. The child is often fat and flabby. Teething is delayed. The abdomen is unduly protuberant. The child is a late walker or if it has started to walk, may

stop again. Bowing of the legs, knock-knee and other deformities are also seen.

Skin Affection. The law of cure is that those ailments that appear on the surface of the body are manifestations of internal disturbance, and therefore, should be treated exclusively by internal medication. But external aid becomes necessary and even Homeopathy that condemned external measures now recognizes the necessity of the aid of external applications. Iobine is a blood purifier. Albo-Sang enriches blood in a general way. By EXTERNAL use Ripanto removes roughness of skin and even old scars and roughness of skin resulting from eczema have been cured. Recent tests have shown that Iobine by injection does immense good in skin diseases.

For ECZEMA the best internal remedy appears to be Iobine and externally Ripanto which must be well rubbed in to the skin. If Ripanto does not prove successful Skinment may be used. When there is inflammation and pus use ointment prepared in any oil, butter or ghee, of Healan and Methiod, use morning and bed-time which cures the trouble rapidly. Ointment of Herbo-Sulph may also suffice and it is advisable to prepare it with Ripanto which gives better results, 1 part of Herbo-Sulph (Powdered) to 5 of Ripanto.

For URTICARIA we have found Albo-Sang with meals and Kynotomine 2 tablets, 3 or 4 times a day sufficient. If this fails, give Hemo-Plex $\frac{1}{2}$ tablet and honey $\frac{1}{4}$ cupful of hot water morning and evening for three days. Pay proper attention to digestion and movement of bowels, A dose of Taxine or Spolax may be necessary.

For Chronic or recurrent attacks, an effort must be made to discover the irritant at fault and to avoid it. Eggs shell-fish. etc., generally cause an attack. The general health of the patient must be raised and septic foci removed. Undue physical fatigue or emotional stress should be avoided.

For wounds and cuts apply Ripanto. For abscess to abort, Rasgent, one dose-not to give the second unless necessary. To drain the abscess—Rasgent every 3 hours and Ripanto or Herbo-Sulph for healing. Sulfasen may be given by injection especially when associated with fever. For washing of foul ulcers, wounds, etc., use Methiliod say a cupful of water, warm preferred. When ulcers, etc., improve but do not dry up soon, simply dust with Healan and cicatrization will be rapid. For all septic condition of the skin give orally Hemo-Plex $\frac{1}{2}$ tablet three times a day.

SCABIES (Itch). Externally use Herbo—Sulph in Vaseline or Ripanto, in the proportion of 1 in 10, at bedtime and wash off next morning. Change clothes and bed-linen. Attention to be paid to cleanliness and general health.

For Ringworm, Foot Itch, Psoriasis and other Parasitic diseases of the skin apply Skinment at night and wash off in the morning.

Signs and Symptoms: Eczema means an inflammation of the skin. It may begin by a generalized redness which goes on to an eruption of papules or spots. These papules become filled with fluid and burst, leaving an oozing

surface. If the surface becomes infected from, outside pus forms. Finally, crusts are formed when the exudate dries up. There is always considerable itching: this causes scratching, which often, introduces a secondary infection.

Ringworm is a skin disease that may affect, any part of the body. It being as a small spot, which enlarges to form a circular patch. Ringworm of the scalp commences as a circular raised scaly patch on which the hairs are much thinned, some short, dull and twisted. Ringworm may affect the beard, armpits, groins, etc.

Scabies or Itch, is a common skin infection. There is severe itching, especially at night, and the original burrows like small dark lines on the surface of the skin may be covered with inflammation due to the scratching.

Psoriasis is a chronic skin disease characterized by eruption of the silvery scaly patches on any part of the body.

Urticaria is characterized by the appearance of wheals on the skin, and an intense itching. In severe cases there may be much swelling of the affected parts, or blister formation may occur.

Stomach-Intestines. Stomach and intestinal troubles are connected with our digestion which begins in the mouth (with proper mastication) and continues in the stomach and intestines. Digestion is the process by which the food is prepared for absorption into the blood and, assimilation by the tissues. The food is first broken up by the teeth so that the digestive juices may act on it. In the mouth, saliva is poured out by the salivary glands. Saliva

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partially digests starch. In the stomach the food is thoroughly mixed with the gastric digestive juice which acts on the proteins of the food converting them into simpler substances. When the stomach contents have reached a certain degree of acidity, the outlet of the stomach relaxes and the gastric contents pass into the small intestine. In the small intestine the food is further digested by the bile, pancreatic juice and the intestinal digestive juice. The digested foods are taken up by the lining cells of the small intestine. Water is absorbed in large quantities from the large intestine.

Digestion is aided by a normal appetite with appetizing food. Avoid over-eating, swallowing food without proper mastication and worry during meals. Study Digestion under Constitutional Treatment and also Assimilation, Sensitization and Elimination under the same head. Let us deal here with special troubles.

STOMACH-ACHE. Sal Phos with water suffices in routine cases. In others give a combination of Sal Phos, Phenocalcine and Vital Essence every 4 hours of weenever necessary. For burning pain in stomach give Magnine.

LOSS OF APPETITE—Sal Phos or Herbal Bitters half an hour before meals. Avoid constipation. Albo-Sang is necessary. Take reasonable amount of exercise. Avoid excessive smoking and treat nervous disorders, if any.

DYSPEPSIA. Sal Phos $\frac{1}{2}$ hour before meals and Gastromone soon after meals. Regulate diet. Correct constipation if any. In people who lead a sedentary life

a brisk walk before meals is advisable. In weak constitutions give Albo-Sang.

NERVOUS DYSPEPSIA. Many so called bases of Ulcers are purely cases of nervous dyspepsia and are easily cured with Vital Essence before food and Gastromone after food. Magnine may be useful, Light diet.

FLATULENCE. Unless due to swallowing of air, flatulence is caused by indigestion, constipation, or over-eating. The treatment consists in correcting the cause. As a rule Sal Phos one tablet half an hour before meals and Gastromone $\frac{1}{2}$ tablet after meals prevents flatulence. Avoid drinking water with meals.

GASTRIC AND DUODENAL ULCER. Also known as Peptic Ulcer. Excessive acid production by the stomach is a very constant feature of peptic ulcer. Peptic ulcer is the name given to ulcer of the lining of the stomach or duodenum and the treatment is the same for both, Magnine every 4 hours and whenever there is any pain. Gastromone an hour before and 2 hours after meals. Diet No. 3 as long as is necessary. A fortnight in bed, no smoking and no alcohol are advisable. Even in the after care the food should not be too savoury, or accompanied by sauces, condiments, fried fat, savoury meals. After recovery, septic foci should receive attention.

Gastric Ulcer: intense boring pain in the epigastrium coming on 1 to 2 hours after food. The pain is relieved by vomiting which may contain blood. A small, very tender area, pressure on which even by the bed-clothes cannot be

borne, is sometimes present, and is very characteristic. It is usually situated in the epigastrium.

Duodenal Ulcer: Epigastric pain, sometimes intense, comes on when stomach is empty, 3 to 4 hours after food, frequently waking up the patient at about 2 a. m. and is relieved by food. The pain tends to come at a regular time each day and during the night. Tenderness may be present just above, and to the right of the navel.

GASTRITIS. The patient should be kept warm in bed, and if the condition is definitely known to be due to eating of unsuitable food, should take a purge after excluding possibility of appendicitis. No food should be taken for a time, but water and other mild fluids may be drunk in small, frequent amounts with Magnine. When the more acute symptoms subside, give Diet No. 3.

Symptoms. There is usually pain, nausea, vomiting and later, diarrhoea. There may be a rise in temperature, but the patient is as a rule very collapsed. The vomit contains excess mucus, which may be streaked with blood.

DIARRHOEA. The treatment depends on the cause. It may be due to indigestible food. Keep the patient only on water for 24 hours in severe cases. Give Diasyn and Sal Phos every 4 hours. In infective diarrhoea give Rasgent. If accompanied by fever, Hemo-Plex. For green diarrhoea of infants give Gastromone and Chinium-Co.

Diarrhoea means the passage of motions more often and of a more liquid consistency than normal. It is a

symptom of many diseases. Though more frequently due to inflammation of the intestine, it may be caused by excess of indigestible foods, nervous disorder, sprue, appendicitis or at the onset of acute fevers. In Summer, when foods are more prone to decomposition, diarrhoea is common, and is due to inflammation of the intestines. Chronic diarrhoea may be a symptom of tuberculosis or cancer of the intestine.

Dysentery. Give Diasyn every 4 hours Patient is kept warm in bed and given only a fluid diet, rice water, arrowroot, barley water, pulp of ripe banana, weak tea without milk, plenty of water. In severe cases it is advisable to add Hemo-Plex. In chronic cases, small doses of Spolax. Sal Phos is useful in both acute and chronic dysentery.

The symptoms of the common type of Dysentery are diarrhoea which becomes very severe, accompanied by much blood. There is abdominal pain, fever, headache, great weakness and intense thirst. Vomiting may be present.

When diarrhoea is controlled a soft, bland diet high in protein and with low fat content should be given. Good sanitation, protection of food from contamination and elimination of flies are of primary importance in the check and Spread of disease.

Appendicitis. (particularly when beyond the reach of surgical aid), Chinium-Co and Hemo-Plex alternately or in combination the auxiliary being Sulfasen, especially when the temperature is high. For constipation, give an enema in small quantity. Do not give a purgative.

Signs and Symptoms. Pain, usually round the navel at first later settling down into the right lower corner of the abdomen, vomiting, slight rise of temperature, and constipation or diarrhoea. There is tenderness and stiffness of the muscles in the region of the appendix.

Sprue. Gastromone 1 tablet, Iobine $\frac{1}{4}$ tablet in combination 3 to 4 times a day. Mud poultice on abdomen expedites cure—Great success is derived from taking a milk diet and plenty of fruits. Carbohydrates and fats are to be restricted. Albo-Sang and Vital Essence are also, recommended.

Symptoms. Chronic morning diarrhoea, accompanied by soreness of the mouth and tongue, flatulent distension of the abdomen and anaemia. The stools are pale, bulky, frothy and very offensive. Dyspepsia and wasting.

Intestinal Colic. To relieve pain, warmth may be applied by fomentation or a rubber hot water bottle, and the patient should be put to bed and kept quiet. No food should be given. When the diagnosis is established give Vital Essence and Chinium-Co 1 tablet each in warm water. Sips of hot water with Sal Phos may relieve the pain. Relieve constipation by purgation.

Intestinal colic is due to distention of the bowel, commonly as a result of constipation, undigested food or a chill. The colic of these small intestine is characteristically twisting, paroxysmal, and is referred to the epigastrium or umbilicus; colic of the colon is referred to the hypogastrium. Intestinal colic is relieved by pressure. The abdomen may be distended with flatus. Sometimes it is followed or accompanied by diarrhoea or constipation.

Auto-Intoxication is a condition in which the body is poisoned by its own products, through faulty digestion and faulty excretion. It leads to prolonged ill health. There may be headache, giddiness, flatulence and dyspepsia anaemia, muscular pains, skin troubles, physical and mental deterioration, nervousness and depression. Give Gastro-mone after meals and Spolax 2 hours before the night meal. Vital Essence may be necessary in some cases.

Worms. Sal Phos is preventive and also palliative. Worm complications exist in several diseases and we have seen it in bronchitis, broncho-pneumonia; gastric fever, etc. No matter what the disease, if the main symptoms are present, just a dose or two of Piparid will show good results.

The main symptoms of intestinal worms are : nervous reaction such as irritability, teeth grinding, irritation of the nose, etc. The child cries for no apparent cause; Peevish, stomach bloated, anaemia, loss of appetite, low fever.

Sudden and Emergency Diseases. For sudden disease use Chinium-Co. By sudden disease we mean the patient becomes ill very suddenly and without any premonitory signs and indications, no matter what the disease. In emergency cases give Kynotomine confidently. In the People's Medical Service booklet we have recommended Vital Essence for sudden disease and we have received excellent reports about it from various patrons.

Throat. These troubles are very often connected with digestive troubles. When there is irritation or inflammation use gargles of Entrops say a teaspoonful at a time, 2 or 3 times a day. Methiliod gargle also helps. The routine

Internal remedy is Fluzen or Decil. In syphilitic cases Iobine will prove an effective remedy.

For **TONSILLITIS** give Iobine twice a day and Albo-Sang once a day for several months even after the enlarged tonsils are reduced. If there be inflammation, pain, etc., give internally Phenocalcine and Hemo-plex 3 times a day and also use gargle of Methiliod or of Entrops. Warm gargle may prove better. Inflammation in throat and pain including that of Tonsils has also been cured very quickly by the rubbing of Rubzon on the neck and throat outside.

Tonsillitis. A sore throat and pain on swallowing. The temperature may run high. The tonsils may swell up. The tongue is thickly coated, breath is foul and the glands at the angle of the jaw are enlarged and painful.

Urinary Troubles. see also Kidneys. Profuse urination may be due to Diabetes or to nervous weakness. For Diabetes use Mersina. For nervous weakness give Nevoss. For retention of urine Chinium-Co, and fomentation. Urine coming out in drops, Turai-Co. Great pain when urinating, Turai-Co and Chinium-Co, alternately. Spolax has very soothing effects upon the urinary passage. Semen passing through urine, use Senzine. Albo-Sang also does good. Attend to constipation. Phosphates in urine, Albo-Sang. Turai-Co for albuminuria. Also read "Venereal disease."

Bed-Wetting is often very troublesome in young children. Give Vital Essence after meals twice a day. Also a dose of Nevoss may be given at bed-time. Albo-Sang to raise vitality. Never use punishment or ridicule. Try to win the child's confidence and show him extra affection.

Cut out drinks last thing at night. See that the bladder is empty at bed time. A tight foreskin will need circumcision.

Venereal Diseases. These are diseases of shame. They are diseases of horror. And they are diseases that destroy not only the defaulter but also innocent persons even in generations. These terrible diseases furnish to us a proof of the existence of a moral code written upon the heart of man. Civil and criminal Codes have served to check human propensities for wrong doing. But only moral code has enabled human beings to avoid evil and to do good.

Gonorrhoea. Treatment by antibiotics gives the best result in this condition. In acute case it is advisable to put the patient to bed on fluid diet. For burning micturition and discharge, Hemo-Plex $\frac{1}{2}$ tablet every four hours. Spolax 1 teaspoonful in plenty of water 2 or 3 times a day. This cuts short the acute stage. Magnine, owing to its property to alkalize the urine and allay painful symptoms, is another useful auxiliary.

In most cases this alone will suffice, but it must be remembered that mere cessation of pus does not constitute a cure. The disease contaminates the system and Iobine say $\frac{1}{2}$ tablet morning and night, must be used even for a year or two. Albo-Sang also helps to eradicate the disease. This is essential in order to avoid its sequel later. It is this side of this terrible disease that should be explained bluntly to the patient by every Doctor. Unless the process of Purification is spread over years, venereal poison will always remain lurking in the system and cause serious trouble at the first opportunity, the opportunity is lowering of vitality through any cause.

If prompt measures are taken gonorrheal attack can be cut short by the method suggested above, but in neglected cases or cases of virulence, the aid of other compounds will be necessary to eradicate the ostensible symptoms. When gonorrhoea becomes chronic it turns into what is known as Gleet—a rather stubborn condition. This condition will need Iobine morning and evening. Brahamadine noon and bed-time. In the acute stage, food must be light and in which half-teaspoonful of Albo-Sang should be given. These are general rules. Each case must be dealt with according to individual requirements.

Gonorrhoea in females needs energetic **external** treatment. Give Methiliod douching twice a day. Internally give Hemo-Plex morning and evening and Iobine $\frac{1}{2}$ tablet noon and bed-time, always reducing the dose and increasing the interval as the patient improves. Process of purification is the same as for males and greater attention is to be paid to local cleanliness.

Signs and symptoms: The urethra becomes swollen and inflamed: The passage of urine causes a burning sensation, and there is a thin discharge which later becomes purulent. The germ may enter the blood stream and set up general blood-poisoning, or it may attack a joint or a group of muscles. In woman the infection may spread to the womb and fallopian tubes.

Syphilis. In acute condition, antibiotics, are preferable. Continue the treatment until the blood test is negative.

The special product in chronic syphilis is Iobine which can be used orally. Iobine by injection may be given once

in four days to a week. For the ulcer use ointment of Hemo-Plex and give internally $\frac{1}{2}$ tablet 3 or 4 times a day, and when the symptoms disappear keep on 2 doses a day for some time and then change on to Iobine for the purpose of purification. Iobine is good not only for acute cases of syphilis but also chronic, latent and congenital forms. It is also good for the skin eruption in the secondary stage of Syphilis.

Signs and Symptoms. At the site of entry of the germ a red itching spot appears, which spreads and hardens. The glands in the neighborhood also become enlarged and hardened but not inflamed. This phase is known as the primary stage. In the secondary stage-about 5 to 8 weeks after the primary sore-the chief lesions are: rashes usually all over the body, enlargement of several groups of lymphatic glands, sore throat, slight fever and general discomfort, falling hair, anaemia, etc. In the third stage chronic inflammatory and degenerative changes occur in deeper structures. The nervous system may be involved.

Vomiting is a symptom in many different illnesses. Treatment depends on the cause. Care should be taken to exclude serious conditions such as appendicitis, intestinal obstruction, etc. Vomiting which follows poisoning is usually violent and prolonged, and accompanied by cramps, colic, diarrhoea. and collapse. The vomit may be blood stained. It is advisable to send for the doctor. He will prescribe a purge unless the case is seen immediately, when he will probably prescribe an emetic; or wash out the stomach. Stimulants are also given.

If vomiting is due to irritant foods or drinks, encourage vomiting by giving plenty of warm water. In gastritis,

restrict diet to liquids only, and give Magnine. Cyclical Vomiting in children, Vital Essence cuts short the attack. Magnine may be taken in obstinate cases. High fever, due to any condition, is likely to produce vomiting. Vomiting (morning sickness) is common in early months of pregnancy. If the vomiting is troublesome, Vital Essence with sips of cold water may be given first thing in the morning.

WHITLOW. Sulfasen and locally application of fomentation followed by compresses of Entrops twice a day. The hand should be kept in a sling to relieve congestion. This suffice for the common type of whitlow which is an inflammation beneath the outer cuticle of the finger. For deeper and serious types a surgeon should be consulted.

CONCLUSION. We need not be perplexed with all the complexities of health explained by us. The solution is simplicity of mind. Nature is bountiful, generous and very kind to man. It is man that is his own enemy. Cheerfulness of mind and spirit is the best medicine against any and every disease. We have to do our part well, nature does its own and Providence of God does the rest.

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